

LYMM HIGH SCHOOL YEAR 7

Pastoral Curriculum
Autumn 24-25



What will I experience going through puberty?

Task 1. Write an appropriate response to the following scenarios.

1. I'm really worried that everyone is starting to talk about periods and voice changes and I'm not experiencing any of this. Am I normal?

2. I've suddenly started arguing with my family all the time and it's getting me down. Why can't we get on like we used to?

3. One of my older brother's friends keeps suggesting we spend some time alone together at his place. I really fancy him but something doesn't feel right. What should I do?

4. My auntie keeps forwarding messages and posts about how women should behave before marriage and within relationships. It's making me uncomfortable, and I'm worried I'm supposed to behave in ways that don't feel right. What should I do?

Task 2: Sort the cards to show the different types of physical changes young people experience during puberty. Sort them into three categories: Biologically male, biologically female or changes that can happen to anyone. Write the category under the card or highlight in different colours.

Voice changes to get deeper	Period starts	Sometimes nipples become fuller or darker	Moods seem to change a lot
Some people begin to masturbate	A white liquid (discharge) starts coming out of the vagina	Hair starts to grow under arms	Hair starts to grow on face
Hair starts to grow around the genitals	Start to sweat more and smell differently	The body starts to change shape and size	Shoulders become wider
Hips grow wider	Feeling intense emotions	Sexual feelings may begin	The penis and testes grow
Breasts begin to grow	May have spontaneous erections and wet dreams	Sperm starts being produced	Eggs start to mature
Hair may become greasy	Confusion about maturity	Can feel teary or angry for no reason	Spots might start appearing

What will I experience going through puberty?

Task 3. In your groups, pick a scenario and give advice to the character about what they should do next.

My emotions are all over the place. One moment I feel really happy and over-excited and then the next I feel really down. Often, when I'm sad, there isn't really any reason for it. My mum keeps asking what's wrong, but it's hard to explain it to her. She thinks there must be a reason why I'm sad and when I say "Nothing" she thinks I'm keeping secrets from her.

My parents are so strict. Everyone else is allowed to stay out much later than me, and they all hang out in town together. My parents have so many rules and say I have to be back straight after school so I can do my homework and chores. I wanted to hang out with friends, so I came back late a couple of times last week and now I'm grounded for a month. I hate being a teenager!

I started my period but I'm too embarrassed to tell anyone at home. I have an older sister, but she's a lot older and has been out a lot. Some blood leaked on my bedsheets overnight and I didn't know what to say. I need to buy some period products but I'm not sure what to get and I haven't got that much money.

I've started dating someone at school and I really want to tell my parents. Before, I've always told them everything - we're really close. But I'm worried they'll say I'm too young and should focus on school and getting good grades. I've become anxious about letting them down and they're putting a lot of pressure on me to do well. How will they react if I tell them I've fallen in love?

Suggestions

It's good to talk and be open and honest with family, even if this can feel embarrassing or awkward

Writing a bullet point list to take into a conversation or writing a letter can help if someone is worried about what to say

As young people develop more independence, people may need to negotiate new rules with their parents/carers, and stick to them!

Demonstrating responsible behaviour and helping out where possible builds trust with parents/carers

Find a good time and place to talk to family about embarrassing or difficult issues; for example, they might find it harder to listen if they are in the middle of cooking dinner or rushing out to the shops

Remember there are lots of sources of advice and support on puberty including teachers at school and websites like Childline

It is important to demonstrate the ability to balance time between friends/relationships and school work, for example by making sure to complete homework before asking to go out with friends

Some parents/carers are more open to these kinds of discussions than others. Speaking to another trusted adult can help.



What is menstrual wellbeing?

Task 1: Fill in the boxes using the resources around the room. Use appropriate classroom language only.

Product	How it's used	Advantages of using the product	Drawbacks of using the product
Tampons			
Towels/pads			
Menstrual cups			
Reusable pads			
Period pants			

What is menstrual wellbeing?

Task 2: What advice do you have for the following scenarios?



1. I can't go to swimming training when I have my period, but I'm too embarrassed to tell my mate or coach.

2. I do get moody on my period and my mates get annoyed with me. One of them is always saying 'she must be on her period' even when I'm not.



3. I just want to stay in bed and eat sugary snacks during my period. I also get really bad cramps.

4. I have to be really careful with how many pads I use as we can't really afford to buy more than one pack a month.



5. I leaked last time during the day and it showed through my clothes. I didn't know what to do, I was so embarrassed! I ended up wearing my big coat around my waist and waiting at school until everyone had gone before going home.

6. I ended up in a loo with no disposal bin, I was fairly sure there was one just outside but I ended up flushing the pad down the loo. I knew I shouldn't but I was too worried someone might see me putting it in the bin.



7. I have only just started my periods a few months ago so they are very irregular. I know that's completely normal but I'm anxious as I'm never quite sure when I'm due to start.

8. I'm so tired during my period and just want to curl up and sleep on the sofa but then at bedtime I'm not tired and feel worse the next day.



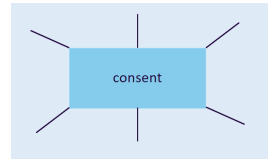
Suggested advice

Period problem post	Suggestions
<p>1. I can't go to swimming training when I have my period, but I'm too embarrassed to tell my mate or coach.</p>	<p>It's nothing to be embarrassed about. Talk to your coach, they will likely have encountered this before and will understand. Products such as tampons or menstrual cups can be worn when swimming.</p>
<p>2. I do get moody on my period and my mates get annoyed with me. One of them is always saying 'she must be on her period' even when I'm not.</p>	<p>Speak to friends- explain it is upsetting when they make statements like this and ask them to stop. These kinds of comments are sexist and not appropriate, so talk to a trusted adult if they happen again. Try to avoid taking frustrations out on friends where possible, even if periods are affecting mood – but confiding in friends that you are feeling out of sorts can be helpful as others often feel the same. Relaxation techniques and good sleep habits can help to manage mood.</p>
<p>3. I just want to stay in bed and eat sugary snacks during my period. I also get really bad cramps.</p>	<p>Sugary food can make people feel bloated and affect mood and energy. Exercise is good for relieving cramps and, together with eating healthily, can help people feel more energised. Warm baths and hot water bottles can also be relaxing for cramps. Some people find painkillers help. If the cramps do not improve, seeing a GP can be helpful.</p> <p>Purchasing menstrual products can be more difficult for those on stretched household budgets. There are places to get free products and often the school nurse and/or PSHE teacher has spares. Local food banks and Red Box Project boxes can also help. Reusable products are more expensive to buy initially but work out much cheaper over time so may be worth considering.</p>
<p>4. I have to be really careful with how many pads I use as we can't really afford to buy more than one pack a month.</p>	<p>This is common, especially when periods are just starting and can be quite irregular. People will understand! It can be helpful to carry a spare set of pants, pads, tampons, tissues/wipes until feeling more confident about predicting the menstrual cycle and which products are most suitable. Going to the toilet more regularly during breaks and lunch can help, as can using a higher absorbency product on heavier days (which tend to be at the start of a period).</p>
<p>5. I leaked last time during the day and it showed through my clothes. I didn't know what to do, I was so embarrassed! I ended up wearing my big coat around my waist and waiting at school until everyone had gone before going home.</p>	<p>Most would not notice or worry about someone putting a pad in the bin. Products are not designed to be flushed down the toilet, so they can block the drains. If it happens again, wrap it up in the wrapper of the next pad or in some tissue and put the whole lot in the nearest bin.</p>
<p>6. I ended up in a loo with no disposal bin, I was fairly sure there was one just outside but I ended up flushing the pad down the loo. I knew I shouldn't but I was too worried someone might see me putting it in the bin.</p>	<p>It is common for periods to be irregular at the start, so it can help to be prepared with a spare set of pants and menstrual products. Some people use panty liners around the time they are due to start their period. There are free phone apps and calendars which can help predict when someone is likely to start their period.</p>
<p>7. I started my periods a few months ago and they're very irregular. I know that's completely normal but I'm never sure when I'm due to start which is making me anxious.</p>	<p>Puberty affects the sleep cycle – the body naturally shifts feelings of sleepiness to later (10-11pm or even later) yet there is still a need for a full night's sleep. Sleep is beneficial for overall health, so it is important to try to maintain regular sleep routines. Exercise during the day can help a person to feel less lethargic, relieve cramps and sleep better at night.</p>
<p>8. I'm so tired on my period and just want to curl up and sleep on the sofa but then at bedtime I'm not tired and feel worse the next day.</p>	<p>Puberty affects the sleep cycle – the body naturally shifts feelings of sleepiness to later (10-11pm or even later) yet there is still a need for a full night's sleep. Sleep is beneficial for overall health, so it is important to try to maintain regular sleep routines. Exercise during the day can help a person to feel less lethargic, relieve cramps and sleep better at night.</p>

Introduction to consent



Work on your own mind-map, adding any ideas to show what you know and believe about consent and any questions you have about consent.



Task: Organise the cards into three piles; consent, not consent, not sure. Either write the word in each box or highlight in 3 different colours.

"Yes, let's do it!"	Nodding.	"No. Stop."	Pushing someone away.
"I want to."	Making eye contact.	"I don't want to."	Avoiding eye contact.
"I'm ready."	Comfortable, relaxed body language.	"I'm not sure." "I'm not ready."	Body is tense, stiff, or turned away.
"I feel good about this."	Smiling / laughing.	"I've changed my mind."	Crying or shaking head.

TIF:

Introduction to consent

Task: Complete the following sentence starters:

Consent means

.....
.....

Consent is important because

.....
.....

Ways to check if consent is being given or not given include.....

.....

Ways to ask for consent include

.....

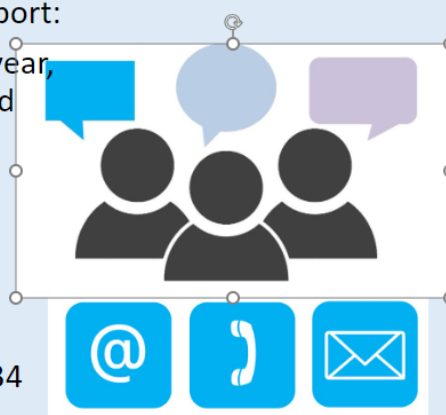
Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school

Visit:

- A Better Medway: www.abettermedway.co.uk
- Brook: www.brook.org.uk 0808 802 1234
- Childline: www.childline.org.uk 0800 1111



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To know how to report inappropriate touch and re-cap how puberty changes our bodies

Task: Write down examples of what we mean by inappropriate touch/ talk in relation to puberty.

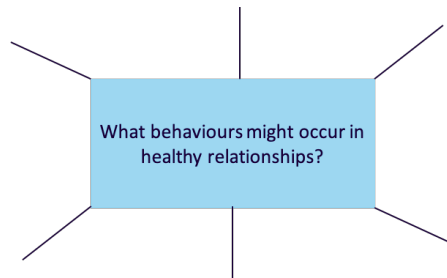
Inappropriate/unhealthy touch	Inappropriate talk (about puberty)



To know how to report inappropriate touch and re- cap how puberty changes our bodies

3

Class mind-map



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Think of someone you like, what is positive about the way they treat you?

To know how to report inappropriate touch and re-cap how puberty changes our bodies

Why do we have relationships?

Name things that make you a good friend

To know how to report inappropriate touch and re-cap how puberty changes our bodies

Why are positive relationships important?

Write down a good example of where consent is used well in a friendship

Suggested advice

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