

PSHE  
Safety and the Changing  
Body  
Menstruation

# Vocabulary

- menstruation/period
- egg
- ova
- ovaries
- fallopian tube
- uterus
- womb
- bleeding
- lining
- sanitary products
- towels
- tampons
- reusable products (period pants, cups)
- voice breaking
- erections
- wet dreams
- ejaculation

# Key questions

- What is a period?
- How do you deal with periods?
- What changes do boys go through during puberty?

# I will know...

- I understand the process of the menstrual cycle.
- I can explain some changes I will go through during puberty.
- I know who I can go to for help if I need to.

Question box from last lesson.



# Ground Rules

- Please remember that:
- Respecting other people's ideas.
- There are no silly questions.
- We don't share stories or information that is shared- unless someone is unsafe.
- That we are all different and that is fine.

The class is going to look in more detail at some of the changes during puberty.

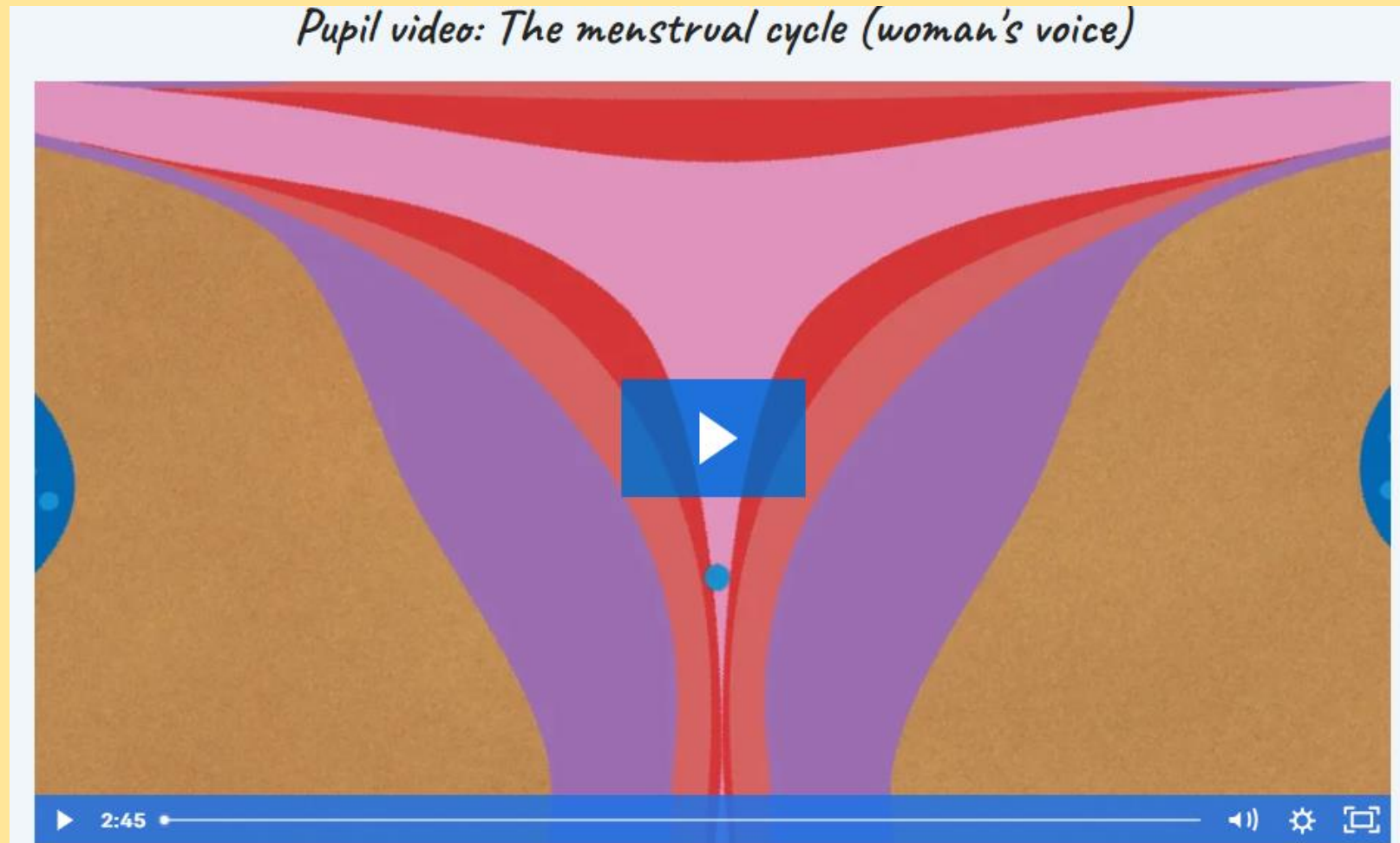
We are going to focus on the changes for girls and, in particular, on periods.

In pairs to recap some of the changes that females go through during puberty.

These changes happen so that eventually a female can have a baby if she wants to.

We are going to look at what happens inside a female that will mean she can get pregnant in the future if she wants to.

Lets watch the *Pupil video: The menstrual cycle*.





Females need to wear some form of protection to catch the blood during their period.

Everyone will start their period at different times and this is normal. Girls usually start their periods between the ages of 9 and 13 but everyone starts at different times and it can be a bit later than this.

Complete the Activity: Girls: True or false quiz.

# Sanitary Protection

- There is a need to change pads frequently. How often will depend on flow but it is useful for girls to get into the habit of going to the toilet to check. If there is a lot of blood on the towel, they should change it. Even with a light flow it would be advisable to change the pad every 6 - 8 hours.
- Towels should be wrapped in the wrapper of the new towel (if appropriate) or toilet roll and put into the special bin in public toilets or a bin.
- Sanitary towels should never be flushed down the toilet as they can block drains.

# Sanitary Protection

- You can access sanitary products in school should you ever need to, and it is a good idea to have some sanitary products with you just in case.
- You could also use reusable products as an environmentally friendly alternative.
- Other forms of protection are available such as tampons and menstrual cups. These go into the vagina and you need to be even more careful about changing regularly.
- Lots of girls start by using pads or period pants, but there's nothing to stop you using tampons or cups straight away and with practice they can become a good option.

# What changes will boys experience?

- Complete the Activity: Boys

Question box for this lesson.



Remember, there are people you can talk to if you have worries.

Parents

Other family members

Teachers and TA's

**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 