



Lesson plan for relationships and sex education

## Preparing for periods

### Lesson 2

Vocabulary used and taught in this lesson

growing and changing, Personal Hygiene, Positive relationships, Puberty, Periods, Menstruation, Body Changes

Introduction

Ask the children who can remember what happens to a girl's body when she starts puberty? (eggs get released/periods/menstruation)

Explain that we are going to learn more about periods and how they can be managed.

Activity

#### Activity 1: What happens with periods?

Show the clip of menstruation from the Kidshealth website to help remind the class of what they talked about in the *My changing body* lesson in Year 3/P4. [View this film here.](#)

Allow time for any questions after. You may find it useful to refer to the IWB slide showing the female internal reproductive organs, here. (NB - the IWB resource contains a second slide showing the male internal reproductive organs. Although this is not needed for this lesson it can be used if questions about boys' internal reproductive organs arise). The puberty glossary may also be useful to have to hand for this section.

Using the images of period products on the IWB or with examples of real products to show the children, ask whether anyone can remember what a girl or woman could use to protect her clothes when she is having a period? (period/menstruation pads, tampons or maybe even menstruation cups. You can use the Puberty glossary to explain pads and tampons.

Menstruation cups are plastic devices that a woman can place inside her vagina to collect period blood. See [Mooncup.co.uk](http://Mooncup.co.uk) for more information. It needs to be emptied regularly, just the same as changing a pad or tampon on a regular basis for; this is also for safety reasons associated with toxic shock syndrome).

Explain here the need for extra care to be taken by girls at this time of the month - regular changing of pads (or other items used to protect clothing) and to change underwear regularly.

Explain, too, that the hormones (chemicals) which cause the changes at puberty also make a person's sweat glands more active. This means that the person needs to wash more regularly.

## Activity 2 – Period quiz: true or false?

With the children working in pairs, distribute the *Period Quiz: true or false?* Activity sheet and ask the pupils to complete this. Go through the quiz, answering any questions that arise, or offer children the opportunity to post any questions in a Questions box or 'Ask it basket'. Explain that these questions can be answered at a later date. (See teacher guidance film clip in Resources needed area for guidance on using a question box).

### Plenary

Summarise the lesson, explaining that periods are a normal part of growing up and show that it's the body's way of working as it should.

Periods are nothing to be ashamed about and most of us wouldn't be here if it wasn't for eggs and periods! (Recognising that some children may be IVF babies.)

### Extension (optional)

Children could go home and talk to their parents about what they remember about when they first started puberty, and how they felt.

### Learning outcomes:

- Children will be able to: Know the key facts of the menstrual cycle;
- Understand that periods are a normal part of puberty for girls;
- Identify some of the ways to cope better with periods.