

Week 1: Key words

Puberty—Is when a person’s body changes from being a child to being an adult.

Menstruation– The caused by the loss of the lining of the uterus, with a little blood . This is called menstruation or having a period.

FGM– Female genital mutilation is a procedure where the female genitals are deliberately cut , injured or changed without medical reason for this to be done.

Well-being-The state of being comfortable , healthy or happy.

Emotional health– Emotional health is how we think and feel.

Personal hygiene– Is how you care for your body etc: bathing , washing hands and brushing teeth.

Emotional– If it has anything to do with feelings like happiness or anger.

Physical— Relating to the body opposed to the mind.

Caffeine—caffeine acts as a central nervous system stimulant .

Confidence – the feeling or belief that one can have faith in or rely on someone or something .

Week 2: Managing changes in puberty

Puberty myths

- **Everybody starts puberty at the same time**— Young people begin puberty at different ages, as discussed earlier in the session
- **Everyone gets tummy ache when they get their period**- Some people experience aches or pains, but it doesn't happen to everyone .
- **Squeezing spots will help them to go away**— squeezing spots does not help them go away they spread more bacteria.

Puberty truths

- Your voice gets deeper during puberty.
- Puberty is a natural part of growing up and the human life cycle.
- Puberty causes people to sweat more.
- People body shape changes during puberty.

Week 3: Body image and advertising

Body image describes our idea of how our body looks and how we think it is perceived by others. This can include our thoughts and feelings about our height, weight, shape, skin, colour, and our appearance and attractiveness more broadly. Advertising and photoshopping images of models may affect how some people might think that they have to have a specific body shape. For example they should have a fit body type.

What pressures can advertising have on young people ?

Believing that to be successful young people have to look a particular way. For example, you should have no spots, have a muscular physique, be tanned.

How seeing the advert might make someone feel: This may cause feelings such as feeling dissatisfied, being anxious about their appearance and feeling depressed. It may lead to someone’s well being suffering.

For Support:

In school: Form Tutor, Head of Year, SLO, Safeguarding team or School Chaplain.

Online: Brook, Childline, SPECTRUM or the NHS website

Week 4: Sleep factor

Teenagers need approximately 9 hours of sleep per night. Many are averaging approximately 7 hours. After puberty, the internal clock of an adolescent undergoes a biological shift of up to 2 hours later. The time that teenagers naturally wake up also shifts by up to 2 hours later. Teenagers will benefit from a regular sleep schedule. The time before bed (at least 60 minutes) should allow for winding down and must avoid screen use (e.g. TV, phones, tablets etc.). Teenagers should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets.

Sleep benefits-

- Can improve long and short term memory
- Helps skin look clearer
- It increases academic performance
- Reduces stress
- Supports healthy brain development and growth
- Can improve mood and feeling more upbeat
- Makes it easier to stay focused and pay attention .

Week 5: Dental Health

Positive choices for dental health

Reducing one’s sugar intake, reduces the risk of tooth decay.

Having regular check ups —NHS check-up is free for the under 19’s and would lower the risk of dental issues further down the line.

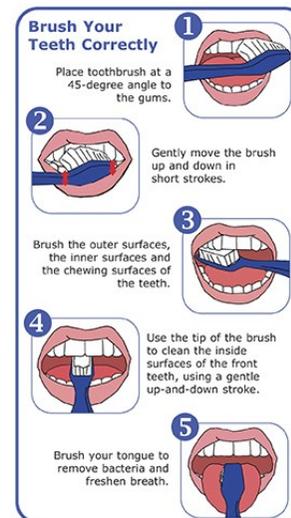
Maintain good oral hygiene routines.

Negative choices of dental hygiene / health

Consumption of sugar will increase his risk of tooth decay.

Consuming too many foods that cause staining such as coffee, smoking.

Incorrect brushing can lead to a build up of bacteria and tooth decay and possible tooth loss



Week 6: FGM

Health risks of FGM

- Loss of blood
- Pain or shock
- Difficulties in passing urine
- Difficulties during menstruation
- Possible infections
- Increased risk in HIV
- Problems during sex
- Complications in pregnancy and childbirth

The law

Practising FGM in the UK is a criminal act.

It is illegal to support or help, support or arrange for FGM to be performed on a girl in this country but also illegal to bring a girl to another country outside the UK to have FGM carried out.

The offence can result in 14 years prison or fine or both

Support: Safeguarding Team, Trusted adult, NSPCC, Childline, SPECTRUM, NHS and Daughters of Eve