



Caring For My Body

Ages 9-12

Total Time: 2.5 Hours

PART 1: Ice Breaker

PART 2: Growing Up and Puberty

PART 3A: Menstruation (Girls Only)

PART 3B: Puberty Changes in Boys (Boys only)

PART 4: Taking Care of my body

PART 5: Body Image

PART 6: Follow-Up Activities

ANNEXURE 1: Female Reproductive System

ANNEXURE 2: Menstruation

ANNEXURE 3: Male Reproductive System

ANNEXURE 4: Notes from Unit

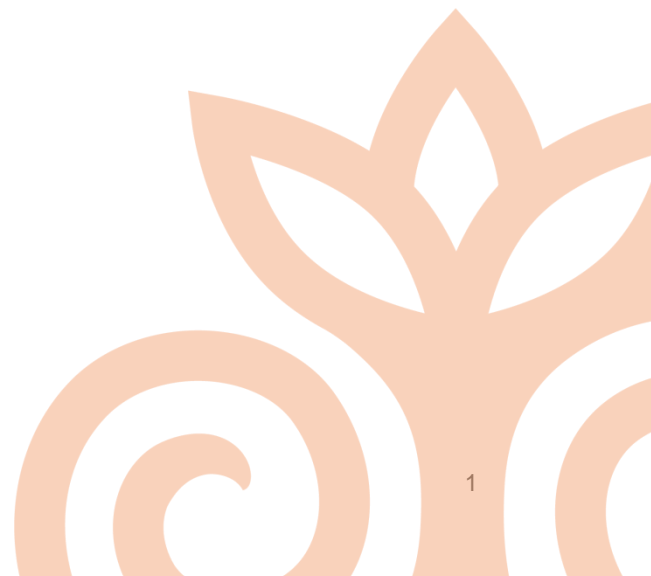
ANNEXURE 5: Evaluation

ANNEXURE 6: True or False

ANNEXURE 7: Team Bingo Cards

ANNEXURE 8: Bingo Words

POWER POINT: Puberty (Ages 9-12)





Part 1: Ice Breaker

Time:

15-20 Minutes

Objective:

Participants will take part in an exercise to become better acquainted with other members of the group.

Materials:

(Depending on Option Selected)

Option One:

- Item to pass such as an apple, grapefruit, etc.
- Music

Option Two:

- None

Techniques:

- Ice Breaker Activity

TRAINER INSTRUCTIONS:

1. Welcome the group and tell them today we will be talking about growing up and taking care of ourselves.
2. Choose one of the icebreaker activities from the options below.

Option One: Pass the Apple – Invite the children to sit in a circle. Ask them to pass the apple as the music plays. When the music stops, the person holding the apple needs to

state one way of taking care of their body. You can get them started with some ideas such as eating healthy, getting enough sleep, brushing teeth, taking bath, etc.

Option Two: Now that I'm Older... – Explain that as you get older you are able to do more and more. You have learned how to play volleyball, run fast, read the newspaper, and so much more. Go around the room and ask each child to think back to when they were just a small child, and then state one thing they can do now that they are older.



Part 2: Growing Up and Puberty

Time:

30 minutes

Objective:

Participants will recognize the physical and emotional changes of puberty

Materials:

- Power Point: Puberty (Ages 9-12)

Techniques:

- Presentation
 - Group Discussion
-

TRAINER INSTRUCTIONS:

1. Begin the power point and at **Slide #2** ask the children if they know what “puberty” means. Explain that puberty refers to the time when your body begins to develop and change as you grow from child to adult.
 - **Slide #3** – During puberty your body will grow faster than any other time in your life, except for when you were a baby.
 - **Slide #4** – Everybody goes through these changes - no two people are exactly alike, but everybody goes through puberty. It helps to know about the changes that puberty causes before they happen. That way, you know what to expect.
 - **Slide #5** – Puberty doesn’t start on a specific date – like your 10th birthday. It’s different for everyone. And puberty has different schedules for girls and boys. Usually, puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys. This wide range in ages may help explain why some of your friends still look like a child, where others look more like adults.

- **Slide #6** – Puberty is not a race. There is no shame in being the last in your class to hit puberty, and there's no shame in being first. Puberty happens when it happens, and every person has his/her own schedule.
- **Slide #7** – HOW LONG DOES IT LAST? Again it's different for each person. Some girls and boys develop quickly, taking only 2-3 years to go through most of the changes. For other kids, the changes of puberty will take longer, maybe 4-5 years. Puberty doesn't happen all at once – it is a slow, gradual change.
- **Slide #8** – When you are ready to begin puberty, your body releases special hormones. Depending on whether you're a boy or a girl, these hormones go to work on different parts of the body.
 - During puberty you get bigger and taller. Girls' bodies usually become curvier and their hips get wider. A boy's shoulders will grow wider and his body will become more muscular. The growth spurt lasts 2-3 years. You may find your clothes don't fit the same as they did.
- **Slide #9** – Your arms, legs, hands and feet may grow faster than the rest of your body. You may feel clumsy and awkward adjusting to your new body.
- **Slide #10** – Boys' voices crack and eventually become deeper; girls' breasts develop; boys and girls grow hair under arms and in pubic areas; boys will grow hair on their faces; and acne is caused by all the hormones at work in the body - you might see pimples on your face, upper back or upper chest.
- **Slide #11** – EMOTIONAL CHANGES: During puberty you might feel confused or have strong emotions that you've never had before. You might feel really sensitive or become upset easily. Sometimes it can be hard to deal with all these new emotions. One minute you may feel on top of the world, and the next minute you may feel down in the dumps. Talk to your house parent or social worker if it gets overwhelming.
- **Slide #12** – IT'S OK! All of these changes can make you feel nervous or scared. Remember, the changes happening are normal.



Part 3A: Menstruation (Girls Only)

Time:

30 Minutes

Objective:

Participants will understand the menstrual cycle, what to expect during periods, and related hygiene practices.

Materials:

- Annexure 1: Female Reproductive System
- Power Point: Menstruation
- Sanitary Pads
- Annexure 2: Menstruation

Techniques:

- Presentation
- Group Discussion

TRAINER INSTRUCTIONS:

1. Distribute Annexure 1 and review the parts of the female reproductive system with the girls.
2. Explain that one of the changes of puberty for girls is that they begin to menstruate, and show the power point on menstruation. Pause at any time to discuss or answer questions. You may refer back to Annexure 1 for slides 3 and 4.
3. Demonstrate the use of a sanitary pad at the appropriate slide.
4. Distribute Annexure 2 and ask the girls to keep it in their folder for future reference.



Part 3B: Puberty Changes in Boys (Boys Only)

Time:

20 minutes

Objective:

Participants will understand the physical changes of puberty specific to males.

Materials:

- Annexure 3: Male Reproductive System

Techniques:

- Lecture

TRAINER INSTRUCTIONS:

1. Explain that girls get a head start on puberty because they usually start the changes between the ages of 8-13, whereas boys start between the ages of 9-14. So, girls are often taller than boys during this time. Most boys will catch up and even grow taller than girls.
2. Inform them that boys will develop muscles, but since puberty happens on its own schedule, your body will change on its own time. Try not to compare yourself to other boys. Make sure you are eating nutritious food to feed your growing body.

(Note to Trainer: For steps 3 and 4 – Typically boys of this age will not require this information. However, if you feel that some are mature enough to handle the information please set aside time to work with a small group on this material.)

3. Distribute Annexure 3 and review the parts of the male reproductive system with the boys.

4. Explain that hormones tell your body to change, and cause your penis and testicles to get bigger.
5. Boys will begin to get erections (when the penis fills with blood and becomes hard). The penis becomes much larger and you will notice it stands out from the rest of your body.
6. Erections can happen at any time. You can get many in one day, or none at all. They can even happen when you're sleeping.
7. Boys may experience something called nocturnal emissions (or wet dreams). This is when the penis becomes erect when a boy is sleeping and he ejaculates. When a boy ejaculates, semen – the fluid that contains sperm – comes out of the penis. That's why they're called wet dreams – they happen when you're sleeping and your underwear or the bed might be a little wet when you wake up. Though you may feel embarrassed or even guilty, it is very normal. This is all preparing your body to be able to father a child someday. Wet dreams occur less often as boys move through puberty and they eventually stop.



Part 4: Taking Care of My Body

Time:

30 minutes

Objective:

Participants will understand the importance of personal hygiene to address the unique changes in their bodies.

Materials:

- “Puberty Kit” (one kit to be used for demonstration) – place the following items in a container of some type: piece of fruit/vegetable, ball, soap, comb, toothbrush, clean towel.

Techniques:

- Presentation
- Group Activity

TRAINER INSTRUCTIONS:

1. Introduce the concept of a “Puberty Kit” – this kit will help kids with the changes of puberty. Use the items in the kit as demonstration while facilitating discussion around the following topics:

Healthy eating – (show the piece of fruit/vegetable) Invite the children to discuss why it is so important to eat healthy, especially during puberty. Note that their bodies need nutrition during this tremendous growth spurt. (There is another LSE Unit dedicated to Nutrition.)

Exercise – (show the ball) Lead discussion around the importance of exercise.

- While your body is growing, you may feel clumsy and awkward. Staying active will help you adjust to your longer legs, larger feet, etc. (The more you use them, the more comfortable you will feel.)
- Exercise increases the flow of oxygen to the brain so you can think clearer and faster.
- Exercise increases the brain's production of anti-stress hormones that help you stay calm and happy.

Hygiene – (show the soap, comb, toothbrush) Maintaining good personal hygiene is important for you to stay healthy, and it helps you feel more confident when you know you are clean and well-presented. Of course the basics of bathing, washing/combing your hair, and brushing your teeth are still essential, but there are several areas that become more important during puberty. As your body changes, your personal hygiene needs to change too.

Increased sweating – during puberty, the sweat glands develop; skin bacteria feeds on this sweat and produces body odor. Wash your body and change clothes regularly, especially after activity.

Acne – hormones cause skin to become oilier with puberty. You might see pimples on your face, upper back or your upper chest. Wash twice a day with soap; make sure towels and face cloths are cleaned regularly so they don't become a source of bacteria that cause skin infections (show clean towel). Avoid picking at pimples because it can cause permanent scarring.



Part 5: Body Image

Time:

30 minutes

Objective:

Participants will become more aware of their personal body image, what influences their beliefs, and how to improve their body image.

Materials:

- Large pieces of paper, markers, or crayons
- Annexure 4: Notes from Unit
- Annexure 5: Evaluation

Techniques:

- Group Discussion
- Group Activity

TRAINER INSTRUCTIONS:

1. Ask participants if they ever compare themselves to kids at school, or famous people such as actors and other celebrities.
2. Explain that that photos you see of these celebrities are often not real – they are touched up or airbrushed.
3. Discuss how friends influence how you feel about your body. (For example, friends and classmates may make comments and tease about the way you look, you may compare yourself to how your friends look and wish you had their traits, etc.)

4. Tell them that their body is going to change a lot over the next few years. Sometimes they won't feel very comfortable about the changes. Comparing themselves with others is natural, but remember, you choose how to see your body. Accept yourself as you are!
5. Lead the activity described below:
 - Ask the children to draw a picture of themselves highlighting the parts of their body that they really like. The body part might be special because it helps them to do something, or because they like the way it makes them look. (For example, they might like their hair, or their smile because they make them look nice, or they might like their legs because they allow them to run fast, or they might like their head because it helps them learn.) You may want to limit them to highlighting just a few items in the interest of time.
 - The drawings can be very simple – the idea is to think about what they like about their bodies.
 - When finished, allow the children to share their drawings with the group and discuss what they like about their bodies.
6. Distribute Annexure 4 and ask the children to keep the notes in their folder for future reference.
7. Distribute Annexure 5 and invite the children to complete the evaluation form regarding this Unit.
 - Explain that they are to give a score from 1-5 (5 being the highest) for each part of the Unit, as well as a score for the Unit overall.
 - Then they should write comments under the happy face for items they liked/learned, and under the sad face for items they didn't like or are confused about.
 - Briefly recap what was covered in each part so their memory is fresh when evaluating.
 - Instruct them to be as specific as possible in their comments.
 - Items to consider include:
 - Did you understand the topics covered? If not, what was confusing?
 - Was there enough time to cover the material?
 - Did the presentation keep your interest?
 - Were the handouts/power points/videos helpful?
 - Add any comments that would be helpful for future programs.

8. Gather the completed evaluations and include them in your trainer report.



Part 6: Follow-Up Activities

Time:

Varies by activity

Objective:

Participants will review material learned through activities they will complete throughout the upcoming weeks.

Materials:

(Depending on Option Selected)

Option One:

- Marker board or chart paper markers
- Annexure 6: True or False

Option Two:

- <https://www.youtube.com/watch?v=MYq0zAQ3IHY>
- <https://www.youtube.com/watch?v=zpsVpvnFfZQ>
- <https://www.youtube.com/watch?v=ta21GJsoa1I>

Option Three:

- Items for Field Day Activities

Option Four:

- Annexure 7: Team Bingo Cards
- Annexure 8: Bingo Topics
- Beads, beans or any item to cover bingo squares

Option Five:

- None

Techniques:

- Applying learning to daily life
-

TRAINER INSTRUCTIONS:

1. Explain to participants that these follow-up sessions are designed to give them the opportunity to review the material learned in the session.
2. Assign one of the options below for this first week. Additional activities will be assigned in the following weeks.

Option One: True or False – Divide the group into smaller groups of 3-4 and ask them to come up with a name for their group. Explain that the groups will be competing against each other to see which group gets the most correct responses to the questions you are about to ask. Label the chart paper or marker board across the top with the names of the groups (you will be keeping track of correct responses on this).

Using Annexure 6, read the questions one at a time. (Questions and answers are taken from the Puberty Power Point for ages 9-12 so you may want to replay the power point before proceeding.)

After the question is read, the group members may confer with each other (quietly!) to determine their group's response. Ask for each group's response and tally correct responses on the marker board or chart paper. Clarify any incorrect responses. When all questions have been completed, you may announce a winning group. (Optional: You may give a small prize to the winning group if desired.)

Option 2: Move Your Body Dance – Emphasize to the group that exercise can be fun through dance. To begin, show the group the two videos listed in the Materials section and explain to them that they will be choosing the video they would like to dance along to. Once they have chosen, play the video again and have the group stand up and practice learning the choreography. Pause the video when necessary to demonstrate the dance steps.

Once the group has practiced the choreography enough, play the video and instruct everyone in the room to dance along to it.

At the end of the video, ask the group to take note of their increased heart rate. Emphasize to them that they just had an aerobic workout without even noticing it because it was so fun.

Option Three: Field Day – Remind the group that exercise is very important during puberty for several reasons:

- Staying active will help you adjust to your longer legs, larger feet, etc.
- Exercise increases the flow of oxygen to the brain so you can think clearer and faster
- Exercise increases the brain's production of anti-stress hormones that help you stay calm and happy

Organize a field day with the children so they have an opportunity to be active and exercise. You may need to recruit helpers for each station – perhaps some of the older children can help out. Set up various stations – the following are some options:

- How many times can you jump rope without missing?
- How far can you throw a stuffed animal?
- Can you throw a ball into a container such as a large bowl or pot from a distance?
- How far can you walk with a book balanced on your head? Try racing someone.
- How many stones can you pick up with just your toes in 60 seconds?

These stations can be individual efforts or a competition between teams. You may award prizes to the winners if you wish.

Option Four: Team Bingo – Divide the participants into 4 smaller groups. Distribute the bingo cards in Annexure 7 giving each group a different card. Distribute the beads, beans or whatever the children should use to cover the spaces. Explain that the group needs to cover the squares on the bingo card in a diagonal line in order to win.

To begin, read off the items on Annexure 8, one at a time. Ask the children to discuss the importance of that item as it relates to puberty. Then instruct the groups to cover the picture of that item on their bingo card if they have it.

When a group has won they should yell Bingo! Check to make sure they have covered the correct squares based on the words you announced. If so, they are the winner of that round. You may award a prize if you wish.

Ideas for other rounds include covering the squares on the card in the shape of an X (squares on both diagonals), the four corners, or covering the entire card. Read the items on Annexure 8 in random order for additional games so a different group can win. (You may allow each child to have a card – just remember there are only 4 different cards, so there will be multiple winners per round.)

Option Five: Growing Up is Exciting and Scary – (It is recommended that you hold separate meetings for boys and girls for this session.)

Introduce the session by reminding the group that they will be going through many changes as they go through puberty, some physical and some emotional.

Brainstorm the changes of puberty they learned in the life skills session and list them on the marker board or chart paper. (See examples below)

Boys: Getting taller, stronger, broader shoulders, facial hair, voice deepens, sweat more, acne, penis enlarges, erections, wet dreams, more emotional, learn more about self, grow hair under arms and in pubic areas, feel clumsy adjusting to new body, more independence, etc.

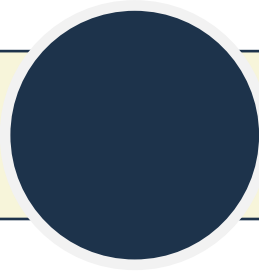
Girls: Getting taller, breasts develop, begin menstruating, sweat more, acne, more emotional, learn more about self, grow hair under arms and in pubic areas, body becomes curvier and hips get wider, feel clumsy adjusting to new body, more independence, etc.

Note that these changes are exciting but can also be scary at times. Label another area of the paper with “Great things about growing up” and “Difficult things about growing up.” Invite the group to place each physical/emotional change under one of these categories. Discuss how some may fit under both categories, and there may be some disagreement among the group members about which category fits best.

Facilitate discussion around “What can you do to make the difficult changes easier?” Begin with responses such as:

- Recognize everyone goes through this, so you won’t be alone
- All changes are completely normal and necessary to become adult

Then, discuss each change more specifically. For example, if cramps fall under the difficult category, discuss ways to relieve them; if sweat is an issue, discuss the need to wash and change clothes more frequently.



Annexures

Caring For My Body

Ages 9-12

ANNEXURE 1: Female Reproductive System

ANNEXURE 2: Menstruation

ANNEXURE 3: Male Reproductive System

ANNEXURE 4: Notes from Unit

ANNEXURE 5: Evaluation

ANNEXURE 6: True or False

ANNEXURE 7: Team Bingo Cards

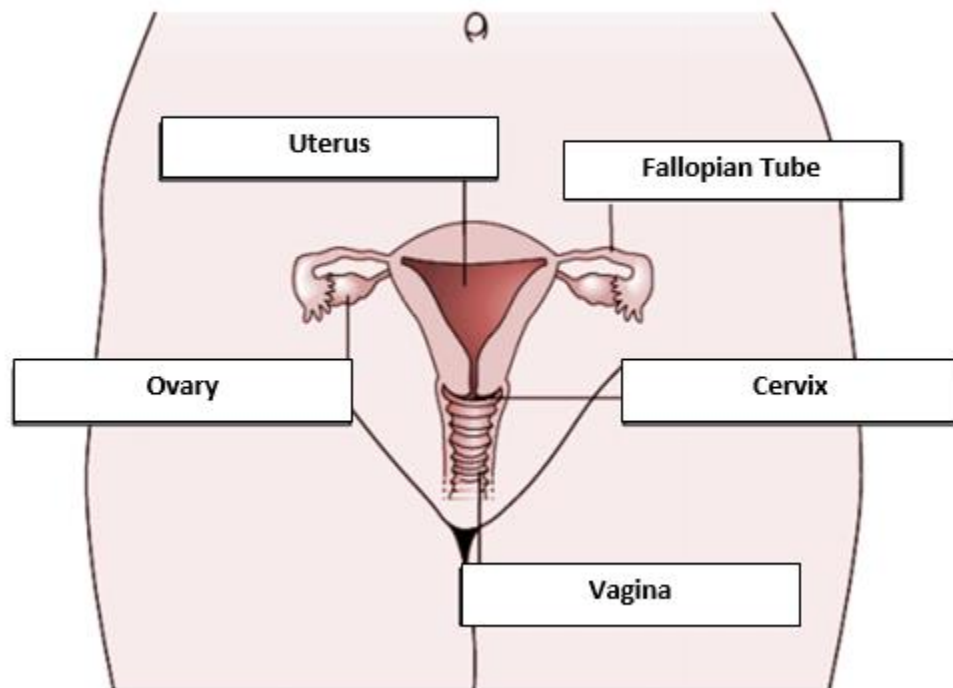
ANNEXURE 8: Bingo Words





Annexure 1: Female Reproductive System

Female Reproductive System



1. **Ovary** – The female reproductive organs or glands that produce the egg cells and the hormones (estrogen and progesterone). Each ovary is about the size and shape of an unshelled almond.
2. **Fallopian Tube** – Either of two tubes through which an egg is released from the ovary each month travels on its way to the uterus. Each one is about 4 inches long and the width of a needle. The sperm meets the egg in the fallopian tube in order to make a baby.
3. **Uterus** – Also called the womb, the uterus is the upside-down pear-shaped female reproductive organ in which the baby develops until birth. It consists of layers of muscle and tissue. The lining is shed monthly as menstrual flow.
4. **Cervix** – The neck-like, narrow end of the uterus which opens into the vagina. It stretches to allow a baby to be born.
5. **Vagina** – Also called the birth canal, this soft, muscular, elastic passageway extends from the uterus to the outside of the body. Babies come out through it, the menstrual blood flows through it.



Annexure 2: Menstruation

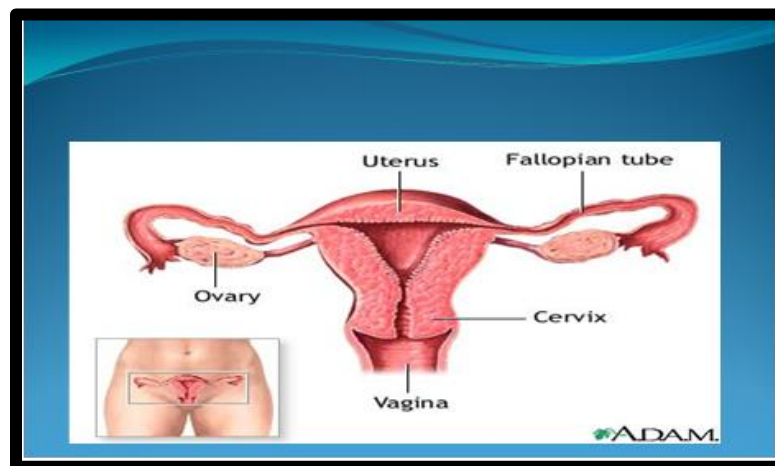
Menstruation is a precious thing – it means that when a young woman gets older and is ready, she is able to have children and nurture the next generation.

You should be **proud that you are becoming a woman** and **never feel shameful about your period.**

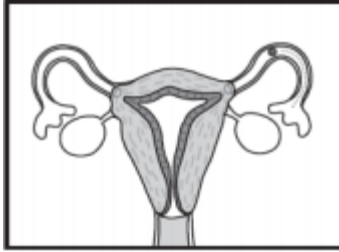
Menstruation begins roughly **two years** after the appearance of the first physical signs of puberty.

The Menstrual Cycle

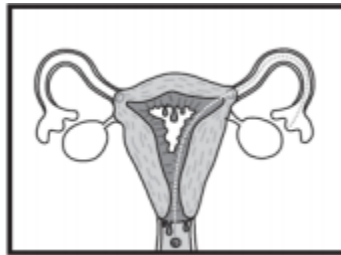
At the beginning of the menstrual cycle, an **egg is released from the ovary and travels up the fallopian tube to the uterus.**



The uterus prepares itself with a thick lining of blood to protect and nourish a fertilized egg.



- If fertilization doesn't take place, the thick lining is not needed.
- So, the thick lining of blood breaks up and starts flushing out of the vaginal opening.



- During the first few years, periods are often **irregular and flow varies**. This is normal.
- When a girl first starts having periods they may not be “regular” - she **might skip a month or have two periods very close together**.
- After time (sometimes up to two years) most girls settle into a regular cycle and can predict when their periods will start each month.

Sanitary Pads

- ✓ Make sure you have access to sanitary pads ...ask your house mother.
- ✓ Change pads frequently, **every three to four hours**. If your flow is heavier than normal (must change pad every hour), talk to your house mother.
- ✓ Wash hands with soap before and after changing sanitary pads.
- ✓ Used pads should be **wrapped in a newspaper** and thrown in a bin which is emptied daily, **buried** in a deep pit or **burnt/incinerated**.
- ✓ **Never throw pads in the toilet** as it will block the sewer line.

Good Hygiene

- Take baths **morning and evening** if needed
- Always wear **clean**, sun-dried clothes and undergarments.
- While bathing, **wash with soap and water**. The inner thighs and labial folds should be cleaned properly, from front to back.
- Washing should be performed using a **front to back motion** to avoid bacteria around the anus from coming into contact with the vagina. Make sure that you are very gentle and use only light pressure when cleaning your vagina due to sensitivity.
- The anus should be the last part to be cleaned. **Over-cleaning should be avoided** as it can be harmful; do not repeatedly clean your genitals.
- Perfumes, talcum powder and deodorants **should not be directly applied** to the genital area.

Cramps

- Some girls feel uncomfortable or have **cramp-like pains** when they have their period. These pains are often not very severe and do not last very long.
- If you find the pain troublesome, **talk to an adult** as there are a number of solutions that could help:
 - ✓ Placing a warm washcloth or water bottle over the lower abdomen/back
 - ✓ Taking a warm bath
 - ✓ Taking a walk/exercising
 - ✓ Drinking plenty of water

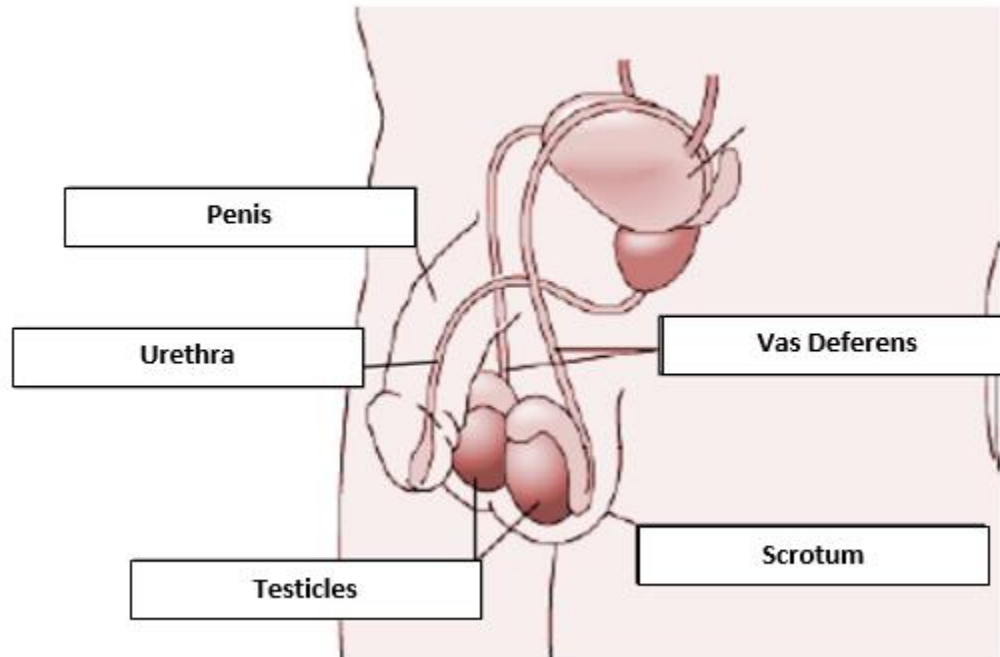
Myths

- **Myth – normal activities such as going to school, offering prayers, entering kitchens, going to festival, wearing new clothes and touching people should be prohibited.** No, menstruation should not be seen as an obstacle to daily activities.
- **Myth – missing periods means pregnancy.** No, this is not necessarily always true as the menstrual cycle could also be affected by stress, illnesses, poor nutrition and exercise.
- **Myth – menstrual cramps are due to cold drinks or showers/bath.** No, menstrual cramps are because the uterus is contracting to shed the uterine lining and blood.
- **Myth – a woman loses a lot of blood during menstruation.** No, in case of normal bleeding that lasts for five days she loses only 2-4 tablespoons of blood (25 – 60cc), but enough to cause anemia if proper nutrition is not taken.
- **Myth – menstrual flow is dirty and unclean.** No, the menstrual blood is clean, comprising of pure blood and shedding of the uterus lining.



Annexure 3: Male Reproductive System

Male Reproductive System



1. **Penis** – the male reproductive organ which is also the male urinary organ. It is soft, spongy tissue that becomes erect when filled with blood.
2. **Scrotum** – The sac of skin or pouch on the outside of the body that contains the testicles.
3. **Testicles** – The walnut-shaped male organs (glands) located in the scrotum which produce the sperm (reproductive cells) and the male hormone, testosterone.
4. **Vas Deferens** – Two tubes that carry sperm from the testicles.
5. **Urethra** – The duct that allows urine to be discharged from the bladder. It also carries sperm and semen but never at the same time with urine.



Annexure 4: Notes from Unit

PUBERTY

Puberty is a time when your body begins to develop and change as you move from child to adult.

During puberty, your body will **grow faster** than at any other time in your life, except for when you were a baby.

Everybody goes through these changes. No two people are exactly alike, but everyone goes through puberty. These changes are **natural, normal and healthy**.

Usually, puberty starts between **ages 8 and 13 in girls and ages 9 and 15 in boys**. This wide range in ages may help explain why some of your friends still look like young kids whereas others look more like adults.

<u>Girls</u>	<u>Boys</u>	<u>Both</u>
body becomes curvier and hips get wider	grow hair on face	grow hair under arms
breasts develop	shoulders grow wider and body more muscular	grow hair in pubic areas
begin menstruating	voice cracks and becomes deeper	growth spurt that lasts 2-3 years
	get erections, sometimes for no reason	feel clumsy and awkward adjusting to new body
	have “wet dreams” – ejaculate while sleeping	acne develops on face, upper back and upper chest
		emotions become stronger and more intense

Taking Care of Your Body

1. **Healthy eating** – it is very important to eat healthy, especially during puberty. Your bodies need nutrition during this tremendous growth spurt.
2. **Exercise** – while your body is growing you may feel clumsy and awkward.
 - Exercise will help you adjust to longer legs, larger feet, etc.
 - Exercise will increase the flow of oxygen to the brain so you can think clearer and faster.
 - Exercise will increase the brain's production of anti-stress hormones that help you stay calm and happy.
3. **Hygiene** – maintaining good personal hygiene is important for you to stay healthy, and it helps you feel more confident when you know you are clean and well-presented. The basics of bathing, washing/combing your hair, and brushing your teeth are still essential, but there are several areas that become more important during puberty:
 - **Increased sweating** – during puberty, the sweat glands develop; skin bacteria feeds on this sweat and produces body odor. Wash your body and change clothes regularly, especially after activity.
 - **Acne** – hormones cause skin to become oilier with puberty. You might see pimples on your face, upper back or your upper chest. Wash twice a day with soap; make sure towels and face cloths are cleaned regularly so they don't become a source of bacteria that cause skin infections. Avoid picking at pimples because it can cause permanent scarring. Acne often flares up several days before the start of the menstrual period due to changes in hormones.

Body Image

Body image is how you view your **physical self** – including whether you feel you are attractive and whether others like your looks.



- You're going through lots of changes in your body. And, as your body changes, so does your image of yourself. It's not always easy to like every part of your looks, but when you get stuck on the negatives it can really bring down how you feel about yourself.
- There is no such thing as the perfect size or shape.
- Body shapes and sizes are naturally diverse as is everything else in nature. It is what makes us unique and special.
- Your body satisfaction should come from within and not from others.



Your body image is influenced in many ways including the media and your peers:

- **Media** – media influences your body image when you compare yourself to TV/movie celebrities, singers/musicians, models in magazines, etc. These photos that you see of these celebrities are often touched up or airbrushed in order to make them appear perfect.
- **Peers** – your friends influence how you feel about your body. For example, friends and classmates may make comments and tease you about the way you look, you may compare yourself to how your friends look and wish you had their traits, etc.



Annexure 5: Evaluation

Unit # 11- Caring for my Body	Score (Circle a number, 5 is the Best)	 What I Liked/Learned	 What I Didn't Like or Things I'm Confused About
Icebreaker	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Growing Up and Puberty	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Menstruation (Girls only)	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Puberty Changes in Boys (Boys only)	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Taking Care of Your Body	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Body Image	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Overall Score	1 2 3 4 5		

Unit 11 – Caring for My Body	Score (Circle a number, 5 is the Best)	 What I Liked/Learned	 What I Didn't Like or Things I'm Confused About		
Part 1: Icebreaker	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Part 2: Growing Up and Puberty	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Part 3: Menstruation (Girls only)	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Part 5: Puberty Changes in Boys (Boys Only)	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Part 6: Taking Care of Your Body	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Part 7: Body Image	1 2 3 4 5	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>		
Overall Score	1	2	3	4	5



Annexure 6: True or False

Questions and answers are taken from the Puberty Power Point for ages 9-12

1. Puberty is the time when your body begins to develop and change as you grow from child to adult. (True)
2. During puberty you will grow even faster than when you were a baby. (False - During puberty your body will grow faster than any other time in your life, except for when you were a baby.)
3. Only people with brown hair go through puberty. The others will not grow any more. (False – Everybody goes through puberty.)
4. All kids will go through puberty in the same way at the same time. (False – Everyone has a different schedule.)
5. Puberty starts on your 10th birthday. (False – puberty doesn't start on a specific date like on your 10th birthday. It's different for everyone.)
6. Puberty starts at different times for boys and girls. (True)
7. Girls are often taller than boys during puberty because they start to grow sooner than boys. (True)
8. If you look around your class, you will see kids at all different stages of puberty. (True)
9. Puberty is a race – you want to be the first one to start. (False – Puberty isn't a race. There's no shame to being the last in your class to hit puberty, and there's no shame in being first.)
10. Puberty lasts the same amount of time for every child. (False – it is different for each person.)
11. Puberty doesn't happen all at once – it is a slow, gradual change. (T)
12. Eating lots of fruit causes your body to begin puberty. (False – hormones released by your body cause puberty to begin.)
13. Depending on whether you're a boy or a girl, hormones work on different parts of your body. (True)
14. Your head may grow faster than the rest of your body. (False – your arms, legs, hands and feet may grow faster than the rest of your body.)
15. During puberty you might feel confused or have strong emotions that you've never had before. (True)



Annexure 7: Team Bingo Cards











Annexure 8: Bingo Words

Read the highlighted word. Discussion ideas are included.



Comb –

Good hygiene makes you more confident as you feel better about how you look.



Fruit –

Important to have good nutrition to support your growth spurt. Eat healthy snacks.



Toothbrush –

As always, it is important to take care of your teeth. Brush twice a day.



Sleep –

Your body needs rest to prepare for the next day. It is the time when your body grows and rebuilds



Soap –

The changes of puberty bring increased sweat – it's important to wash your body regularly, especially after activity.



Clean towel –

Towels can harbor bacteria after they have been used. Be sure to use a clean towel on your face to avoid acne.



Tissues/handkerchief –

puberty can bring on confusing emotions – you may be on top of the world one minute, and feeling like you want to cry the next. Talk to someone if you feel overwhelmed.



Ball –

exercise is important, especially during puberty, for several reasons:

- Staying active will help you adjust to your longer legs, larger feet, etc.
- Exercise increases the flow of oxygen to the brain so you can think clearer and faster
- Exercise increases the brain's production of anti-stress hormones that help you stay calm and happy



Toothpaste –

Brush your teeth for two minutes – sing the Happy Birthday song which is about 2 minutes long.



Shampoo –

During puberty your hair can change – it can become oilier or drier. Pay attention to your needs when shampooing.



Cup of Water –

The increased sweating that comes with puberty can cause you to become dehydrated. Drink plenty of water.



Vegetables –

You need vitamins of all kinds to help you grow up healthy and strong.



Acne –

Avoid picking at pimples as it can cause scarring.



Friends –

Try to avoid comparing yourself to your friends. Everyone goes through the changes at a different rate.



Big hands and feet –

Your arms, legs, hands and feet grow faster than the rest of your body. You may feel clumsy and awkward. Your body will catch up.



Hormones –

Your body releases hormones to start puberty.



Smile face –

Look confident, feel confident.



Questions –

Your body will be going through many changes and you may have many questions. There is no such thing as a silly question – ask your house parent or social worker.



Clip fingernails –

Dirt and bacteria can hide under your fingernails – when you touch your face you transfer that dirt which can aggravate acne.



Movie stars –

Try not to compare yourself to celebrities. Many images you see are not real.



Wash hands frequently –

To avoid spreading germs and to stay healthy.



Slippers –

Always protect your feet when you are outside.