



Activity: 3-4.11.1

Key Message

- Puberty is the time in your life when you change from a child into an adult.

Activity Details

Victorian Curriculum

Health & PE Explore strategies to manage physical, social and emotional change
VCHPEP089

Capabilities VCPSCSE018

Time 20 minutes

Levels 3 & 4

- Equipment**
- *They tell me this is puberty* (either one teacher copy or a class set)
 - scrap paper and pens

They tell me this is puberty

Purpose

To demonstrate that both boys and girls go through similar changes and feelings during puberty.

That changes that occur throughout puberty are normal and are nothing to be embarrassed about.

Teaching notes

This activity uses a scenario about a young person named Chris who could be either a boy or a girl. There is no correct answer to this. It is very common that students will think Chris is a boy because of the reference to genitals. This is a good opportunity to explain that girls also experience feelings in their genitals even though they do not get erections.

Procedure

1. Read the scenario and instruct students to fill in their response about whether they think it is a boy or girl, either on a scrap piece of paper or on the worksheet provided.
2. Ask students to form groups of 4 to discuss their answer.
3. All groups provide feedback about their discussion to the class.

Discussion

Some additional discussion points could include:

- Which part of the story makes you think that Chris is a boy/girl?
- What are the issues about puberty that Chris has identified as a problem?
- How can you overcome these issues?

Adapted from Teachingsexualhealth.ca 2012, *'They tell me I'm going through puberty'*, Alberta Health Services, Alberta, Canada, <teachers.teachingsexualhealth.ca/wp-content/uploads/downloads/2012/06/Grade-4-Lesson-2.pdf>.



They tell me this is puberty

Instructions

Read the following story and answer the question at the bottom of the page.

“Hi, I’m Chris, and I’d like to tell you about what’s happening to me. It seems that every day brings a new change. It’s almost like I’m getting a new body! They tell me I’m going through puberty.

One of the things that’s happening is this new hair that’s growing in places it’s never been before; like under my arms. I know this is normal and all, but it still takes getting used to.

I don’t mind some of the changes I’m seeing. In fact, some of the things I even like. I’m taller than I was last year; I’m almost as tall as my parents. I know I’m smarter just because I’m able to think and write about what I’m going through now.

But then, there are some changes that aren’t so good. Like B.O., body odour. The first time I noticed it, I thought I had some kind of disease or something. Now I realise it’s not too bad if I wash or use a deodorant.

A really dirty trick, though, is pimples. I remember I was getting ready to go to a party, washing my hands and stuff, when I looked in the mirror and saw this big zit staring back at me. I held a hot face-washer on it for a long time. It went down, but not the whole way. I went to the party anyway. I noticed that many other kids had the same or worse luck with their zits. I wonder how common this is.

There’s one thing I get a little embarrassed about. It’s even hard for me to say this. When I was at the party the other night, I was with someone I like and, (I’m not mentioning any names), I got this new feeling in my genitals. It was strange but kind of nice. They tell me it’s normal. Is it?

They tell me I’m going through puberty. That means I have to go to school with my zits and my B.O. But, I’m taller and smarter. I think I’ll survive.”

Question

Do you think Chris is a boy or a girl? Give reasons for your answer.

