

# AN INTRODUCTION TO SEXUAL EDUCATION



GROUND RULES  
OVERVIEW  
CLASSROOM  
DISCUSSIONS

# GROUND RULES

- 1. Show and Give Respect**
- 2. Confidentiality**  
(Exception: Dangerous Behaviors)
- 3. Openness**  
(Avoid using names in stories)
- 4. Right to Pass**
- 5. Non-Judgmental**
- 6. Sensitive to Background**
- 7. Have Fun!**

A graphic of a checklist with three items. The first item has a red checkmark in a box, and the other two have empty boxes. Each item has a horizontal line to its right.

# TOPICS TO STUDY

## **Puberty Changes**

- **physical**
- **emotional**
- **social changes**

## **Menstruation**

**Secondary sexual characteristics, changing identity and moods**



# LET'S DISCUSS

**Why do we feel uncomfortable on the subject of sexuality?**

**Why is it so embarrassing to talk about sexuality?**

**How do we act sometimes when we are embarrassed?**



# Talking About our Bodies

Complete the “Talking About Our Bodies Worksheet.”

How many body parts can you discover that only have 3 letters? Why is it important to use the proper names when talking about our bodies?



# Talking About our Bodies

There are many bodies parts that are different in males and females. Most of time, these can be referred to as “Private Parts” or the parts of the body that are covered by a bathing suit.



# Talking About our Bodies

## Males:

- Penis
- Scrotum
- Testicles

## Females:

- Breast
- Vulva
- Vagina



# **WHY DO WE GO THROUGH PUBERTY?**

- Puberty happens to everyone. Changing from a child to an adult is called puberty.
- “Adolescence” is sometimes used to describe people who have started puberty.
- Puberty starts getting the body ready for reproduction (making and having a baby).

# **WHY ARE SOME CHANGES HARDER OR EASIER?**

What are the good things about growing up?

What are the harder things about growing up?

Discuss some of the changes that fit into the above categories. There may be some things that fit into both categories.

# **WHAT CAN WE DO TO MAKE CHANGES EASIER?**

- Knowing what to expect and what kinds of changes are likely to occur, can help us be prepared.
- Focus on our strengths (e.g., communication, standing up for ourselves and independence) that will help us with puberty.
- Identify support systems (i.e., family, school, and community members) who can provide help/support.

**DURING PUBERTY YOU WILL  
GO THROUGH MANY CHANGES.**

**Physical Changes**  
**Emotional Changes**  
**SOCIAL CHANGES**

What is the difference between these changes? Put the cards in the correct categories.

# Emotional Changes

## Moods and feelings

You might show strong feelings and intense emotions, and your moods might seem unpredictable. These emotional ups and downs happen partly because your brain is still learning how to control and express emotions in a grown-up way. You may feel sexually attracted to people or you may have more sexual thoughts in general.

## Sensitivity to others

As you get older, you'll get better at reading and understanding other people's emotions. But while you are developing these skills, you can sometimes misread facial expressions or body language. This means that you might need some help working out what others are feeling.

## Self-consciousness

Teenage self-esteem is often affected by how teenagers think they look. As you develop, you might feel self-conscious about your physical appearance. You might also compare your body with those of friends and peers.

## Decision-making

You might go through a stage where you seem to act without thinking a lot of the time. Your decision-making skills are still developing, and you're still learning that actions have consequences and even risks sometimes.

# Social Development

Your relationships with friends becomes more important and you may be looking to experience more “grown up” things.

You will have the desire to be more independent and you will want your parents to trust you more and give you more responsibility.

You may have an interest to try dating someone that you are attracted to.

You will start to think about who you want to be as a person.

# Physical Changes

Changes will happen for both Males and females. Some changes are similar between the two, however some changes will only occur in one sex.

Both sexes will experience, acne, Growth, Oily skin and hair, hair growth in armpits and genitals, secretion of sex hormones, development of sweat glands and voice changes.

Males will experience erections, Ejaculations, facial hair, nocturnal emissions, growth in penis, wider shoulders, sperm production, testicle growth, and a deeper voice.

Females will experience breast development, wider hips, menstruation, ovulation, and vaginal discharge.

# Development Overview

Physical changes are usually the first signs of puberty. You may experience body hair growth in your genitals and underarm, skin changes, voice changes, sperm production and menstruation.

During this time, you will also experience social and emotional changes. This may include intense feelings, increased importance of friendships, more concern about body image, and wanting to fit in and be liked.

It is important to know that you have people around you that can act as a support system for you during this rapid change. Having a trusted adult to talk to is very important.

**Each human being is unique.**

**It is important to recognize and accept that all individuals develop differently.**

# Ask an Adult

It is important to have trusted adults in our lives to help us navigate through puberty and any difficult time we may experience during our childhood.

Find a trusted adult and ask them some questions about how they managed to go through puberty.

Record the answers on the sheet provided.

# Coping with Puberty

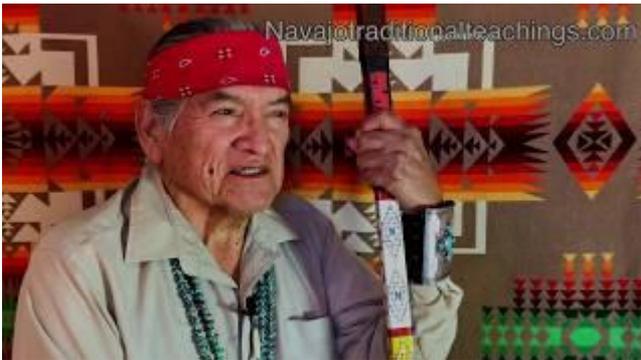
It is important to be prepared for the changes that are about to happen to your body. For each of the items I will show you, discuss why you may need to include them in a puberty kit.



# Celebrating Growing Up

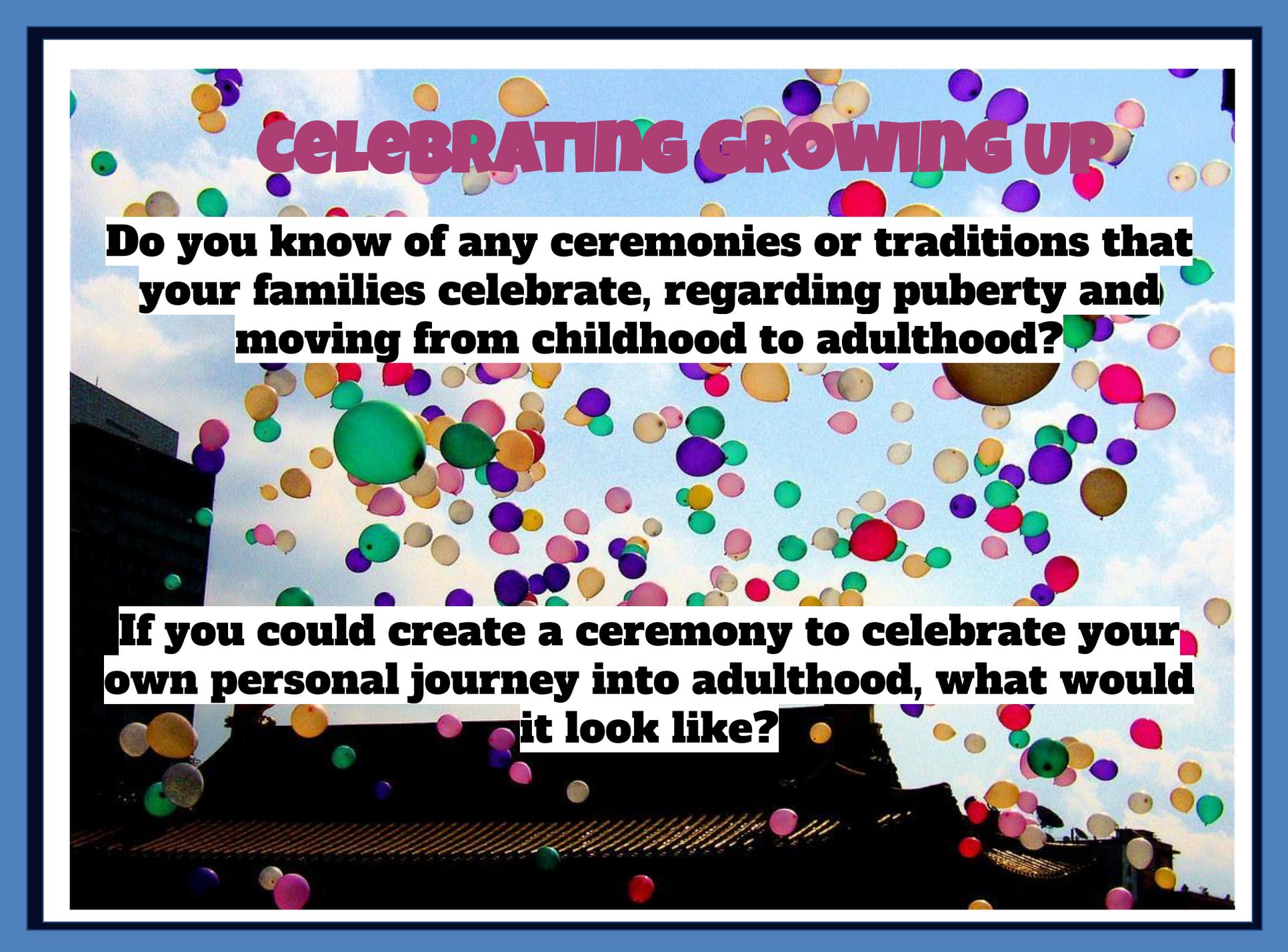
Many cultures have celebrations that recognize the transition into puberty or the transition into adulthood.

## Navajo Coming of Age Ceremony for boys



## Coming of Age Ceremony in China

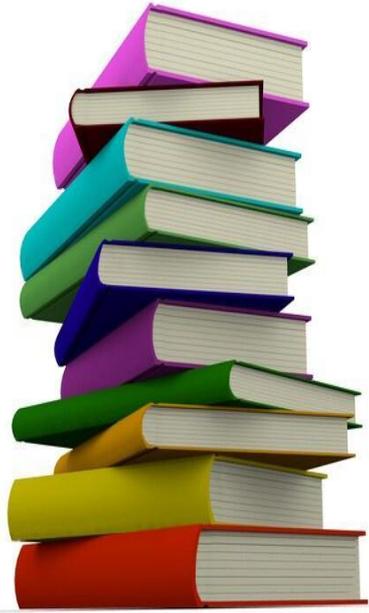




# **CELEBRATING GROWING UP**

**Do you know of any ceremonies or traditions that your families celebrate, regarding puberty and moving from childhood to adulthood?**

**If you could create a ceremony to celebrate your own personal journey into adulthood, what would it look like?**



# References

**Slide material and handouts:**

<https://teachingsexualhealth.ca/teachers/grade/grade-4/>