



## PRIMARY PROGRAMME

# Choices & Changes

An introduction for 9-10 year olds to the physical and emotional changes they can expect during puberty, offering support as they explore and develop an understanding about the choices and changes in their lives.



# INTRODUCTION

## Context

In each programme we create a storyline to help us share our information effectively throughout the Key Stages. This creates an opportunity for the pupils to consider the information objectively. There are a number of characters in our story, but Oscar and Martha are the hero characters. They feature throughout all the programmes, growing up with the pupils through their school years.

## Choices & Changes | Setting the scene

In "Choices and Changes", our story takes us to the most anticipated day of the school year, Sports Day! We'll look at how each character has different strengths: some are great at running, others are good at teamwork in the relay race and others are great at helping people on the first aid team. We'll show how the characters (and pupils) are so perfectly unique and good at different things. We'll look at different goals we might have for the future and the steps we can put in place to get there by making good choices along the way. We'll start to look at puberty and how our choices can help us through this wonderful process.



# CONTENT OVERVIEW

## Overview

Designed for P6 pupils, Choices & Changes aims to introduce pupils to the changes they will face as they go through the process of puberty. This will be the focus throughout the 1 hour presentation and will include a reassuring gender-specific puberty talk. The presentation will also remind pupils of their uniqueness, value and worth as well as highlighting the importance of thinking through decisions on the basis of what is best for them personally.

## Topics Covered in the Presentation

- Self-esteem & uniqueness
- Coping with pressure
- Making healthy choices
- Preparing for change (school, friends, body, etc.)
- Puberty: what to expect
- Kindness & supporting others
- How to get help (helping them identify their trusted adults, from whom they can seek help)

## Curriculum Links

<b>Learning Intentions</b>	Their uniqueness Different choices they may make as they grow up The changes they will experience as they go through puberty How they can help and support others during puberty Who they can go to for help and support
<b>Skills &amp; Capabilities</b>	Managing information Self-Management Working with Others
<b>Learning Experiences</b>	Relevant and Enjoyable Active and Hands On Supportive Environment On-going Reflection
<b>Attitudes &amp; Disposition</b>	Curiosity Self-Confidence Respect Concern for Others



# PRESENTATION OVERVIEW

## Introduction

The presenters introduce themselves and the work of Love For Life.

We introduce Oscar & Martha here.

We set the scene of sports day.

We introduce some guidelines for the time ahead – ensuring that everyone can have a positive experience of the programme.



## Self-esteem & uniqueness

We start our programme with a quiz about the animal kingdom. From this we see three different animals that are fast, strong and helpful. We then make the contrast that just like these animals have different talents, each one of the pupils are fast, strong and helpful at something.

We then use this activity to reflect on how amazing and unique each of us are, encouraging them to know the value and worth that comes with being amazing and unique.

We talk about how our body is physically unique, not just our talents and skills.

## Making healthy choices

At the sports day, lots of the Primary 6s are making different choices about what to get involved with. This leads us into the conversation about the choices they might make and why they matter.

We chat about getting older and how our choices can start to become more independent and look different than they used to.

We encourage young people to think about how they can make healthy choices and who they can go to for help and support around these.

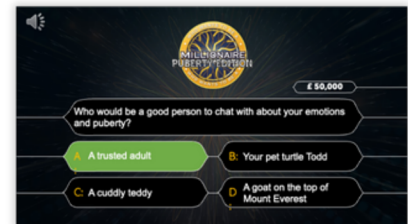


## Puberty: What to expect

We then introduce the topic of puberty, we set the scene with a race. Sometimes people think growing up is a race, yet we are all different and this also applies to growing up. We take around 25 minutes and split the group into boys and girls to introduce the topic of puberty (expanded within Primary 7).

- Within the boys talk, topics covered will include: looking after our body – washing and the use of deodorants if desired, balanced diet, sleeping, exercise, respect and who to go to for support.
- Within the girls talk the predominant focus is on periods and how to get help and support. This will include a brief biological understanding of what is happening, identifying signs that periods may start soon, an explanation story of how a girl would look after herself emotionally, physically and practically around her period. We finish by explaining who she can seek help from through it all.

We then come back together to discuss emotions, body language and how we deal well with our emotions and how to support and respect others.





## Kindness & supporting others

Although there is not a specific activity associated with it, it is a major theme and focus threaded throughout the entire programme.

## How to get help

We conclude this session thinking about our 'podium people' – the people we can go to whenever we need a chat, support or advice, recognising three different people we can go to. We ask the young people to name three of these people in their lives.

