

Year 6 Puberty Unit

In this unit students will identify and develop strategies to help them manage the changes that will affect them during puberty. They will identify factors that affect personal, physical, social, mental and emotional growth, social and spiritual growth and develop skills to manage these changes and to encourage a positive attitude towards puberty.

Students will identify the changes in their bodies that occur as they move from childhood to adulthood, and learn that puberty happens across all cultures, genders, ethnicities, religions, physical statures and disabilities. They will develop an understanding of the similarities and differences between male and female bodies and discuss daily routines for keeping clean. They will also discuss; what makes a person 'male' or 'female', what does puberty mean, and when and why does puberty happen.

Students will be encouraged to describe how their own feelings, beliefs, and actions, and those of other people, contribute to their personal sense of self-worth. They will examine the factors influencing their choices during puberty. Students will identify the support structure at school/home. They will be given a chance to reflect on the responsibility of people who tease; what they tease others about or are teased about themselves. Students will reflect on the concept of peer pressure.

Learning and discussion closely follows the outline as set out by the Ministry of Education. Teachers present the information in a straight forward and factual manner. Sensible boundaries are set prior to the commencement of the unit. A variety of teaching resources are used including anatomical pictures and diagrams from the Ministry of Education Booklet. Sometimes the Public Health Nurse will work with the students to answer questions and bring appropriate resources.