

Grades 7 and Up

Toronto Public Health

Human Development and Sexual Health

Curriculum Support Document

Puberty Review

Suggested Materials:

- "Still Wondering about Puberty?" resource (Toronto Public Health, 2013)
- "Growing Up" resource (Toronto Public Health, 2013)
- "Cramps" resource (Toronto Public Health, 2018)
- "Periods, Pads, & Puberty" resource (Toronto Public Health, 2018)
- "For the Boys" resource (Toronto Public Health, 2018)

Discuss Group Agreements

Work with students to construct a list of group agreements that will increase their feelings of safety and comfort during sexual health classes.

It is essential that the following be included:

- No personal questions or sharing of private information.*
- You have the right to pass on a question.
- Emphasize respect.

Post the list in the classroom and refer to it as needed.

**There is a balance between encouraging students to talk about real life and over-disclosure of private information. Encourage students to use the phrase "Someone I know..." instead of the person's name if sharing information of a personal nature.*

Activity 1: Introduction

Teacher Prompt:

- "Who had puberty classes in grades 5 or 6? Who did not receive puberty classes?"

Reassure students that this will be more than just a review. Subsequent classes will deal with going out and sexual decision-making.

Activity 2: Puberty Review Quiz

Read out the following statements to the class. Using the answer guide in the appendix, discuss the answers with the class.

True or False

A. Bodyworks

1. Most changes of puberty are the same for all genders.
2. Some young people have questions about their gender.
3. Erections happen for the first time during puberty.
4. All penises look the same.
5. All genders have wet dreams.
6. Periods and urine (pee) come out of the same opening.
7. It is safe to use tampons in Grade 7 if someone is careful.
8. Normal vaginal fluids change throughout the menstrual cycle.

B. Relationships

1. Many grade 7 students don't feel like they want to 'go out' yet.
2. One person may hear a comment and think someone's flirting. Another person may hear the same comment and feel that it's hurtful.
3. You can get someone to 'like' you.
4. People always tell the truth about other people and what they do.

C. Sexual feelings

1. It is normal to have sexual feelings in grade 7 and it is normal if you don't.
2. Self-pleasuring (masturbation) is something that only young people do.
3. It is important to talk to a trusted adult if you have been sexually abused.
4. It is common to have attractions to people of the same sex during your teens.

D. STIs/HIV

1. People who have a sexually transmitted infection (STI) always know it.
2. Youth and young adults have the highest number of STIs.
3. All STIs can be cured.
4. It is easier to get HIV if you have already have an STI.
5. Condoms are excellent protection against many STIs.

E. Resources

1. The internet is the best place to get information about sex.
 2. Anyone can call the Sexual Health InfoLine of Ontario if they have a sexual health question.
 3. There is a number to call if you think you might be attracted to someone of the same sex and want to talk about it.
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Conclusion

- Summarize what was discussed in this session and ask for any questions.
- Encourage students to share what they have learned with a trusted adult.
- Write the *Kids Help Phone* contact information on the board (1-800-668-6868, www.kidshelpphone.ca) and remind students that contacting *Kids Help Phone* is free, confidential, anonymous, and that it can be a safe place to discuss concerns.