


Hormones, Puberty, Menstruation and Periods

YEAR 7 PSHE

Discuss.....What are
hormones? What is
puberty?

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Watch this.....



Recap.....

- What are hormones?
- When does puberty occur?
- What changes occur during puberty?

- Next..... Talk about what you know about menstruation and periods. When do they start? Why do they start? Why do happen? How long do they last? What effects does menstruation have on a body? What DON'T you know that you want to know?

PUBERTY

Puberty describes a period of physical and emotional developments that occurs in adolescence due to hormonal changes.

It is a time of heightened anxiety for many: when bodies and inner emotional lives are changing at an intense rate. It is a time where young people simultaneously want to explore, experiment and express themselves whilst being concerned about whether or not they are normal.

PUBERTY

It's important that young people know that:

- **Puberty will look and feel different for everybody. Young people should know what mental and physical changes to expect in puberty. However, they should also know people will experience it differently, and will develop emotionally and physically at varying rates.**
- **It won't last forever. Puberty comes with quite intense emotional changes, resulting in mood swings and feeling sensitive. Young people should know that puberty is a phase that will end. Their feelings are valid and people should give them space and time to process.**
- **They can support each other through it. Whether their friend needs a hug, a rant, or someone to go with them to the sexual health clinic - they can be an important source of support.**

Important.....

- There is no normal. Everyone will be different. It will end.



Watch this.....

Check in..... anything to say or ask or contribute?

Period Packs.....

When I give you permission:-

Open your packs

What do you have inside?

For each product talk about their advantages and disadvantages

How much do you think they cost?

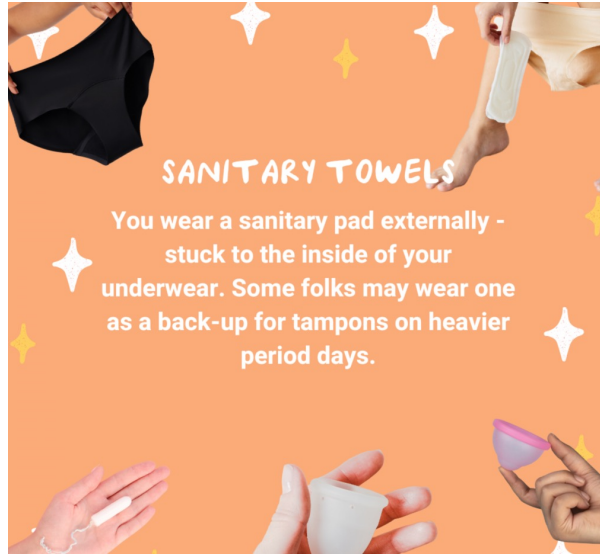
Discuss what to do if your period starts at school and you don't have any products with you?





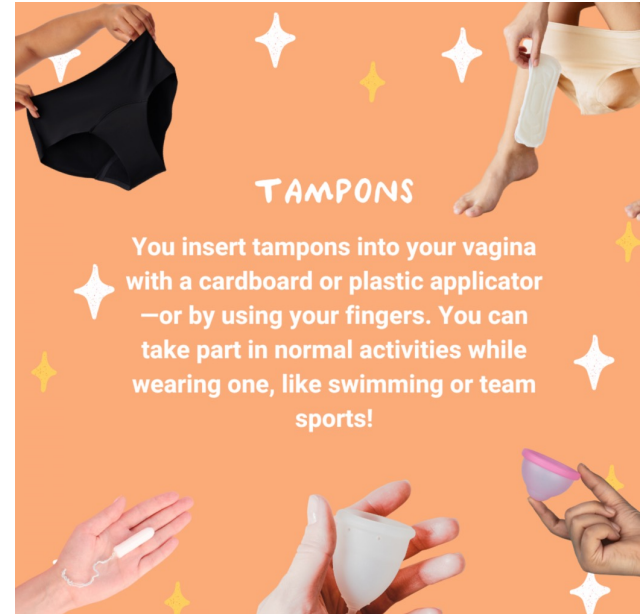
PERIOD UNDERWEAR

These are different from regular underwear because they have multiple layers. This makes period underwear more absorbent than conventional tampons or sanitary pads. Some folks use them as back-up period protection—particularly at night.



SANITARY TOWELS

You wear a sanitary pad externally - stuck to the inside of your underwear. Some folks may wear one as a back-up for tampons on heavier period days.



TAMPONS

You insert tampons into your vagina with a cardboard or plastic applicator—or by using your fingers. You can take part in normal activities while wearing one, like swimming or team sports!



MENSTRUAL DISCS

They are round, flexible rings that sit at the base of your cervix and collect blood in a soft bag. One of the biggest perks of a menstrual disc is you may have penetrative sexual intercourse while wearing one. This is a big difference from a menstrual cup—which you must remove before engaging in the same activity.



MENSTRUAL CUPS

They are made out of a flexible medical-grade silicone cup that fits into your vagina, absorbing menstrual fluids during your monthly cycle. You don't feel them when inserted correctly, and they're also leak-proof.





*What have you
learnt and
what do you
need to know?*

And finally....

- [Puberty and Periods](#)
- [Childline Puberty](#)
- [Teen Health](#)
- [Taking care of your body during puberty](#)