



LEARNING ABOUT PUBERTY

Have fun with these activities
created by Harold!



TEACHER INFORMATION

These activities have been put together as follow up activities for your class.

Select the activities that are most relevant for your learners. Activities cover a range of levels and interests. For example there are two versions of the Body Part Sort activity.

There are further activities and links available on our website:
www.lifeeducation.org.nz/resources

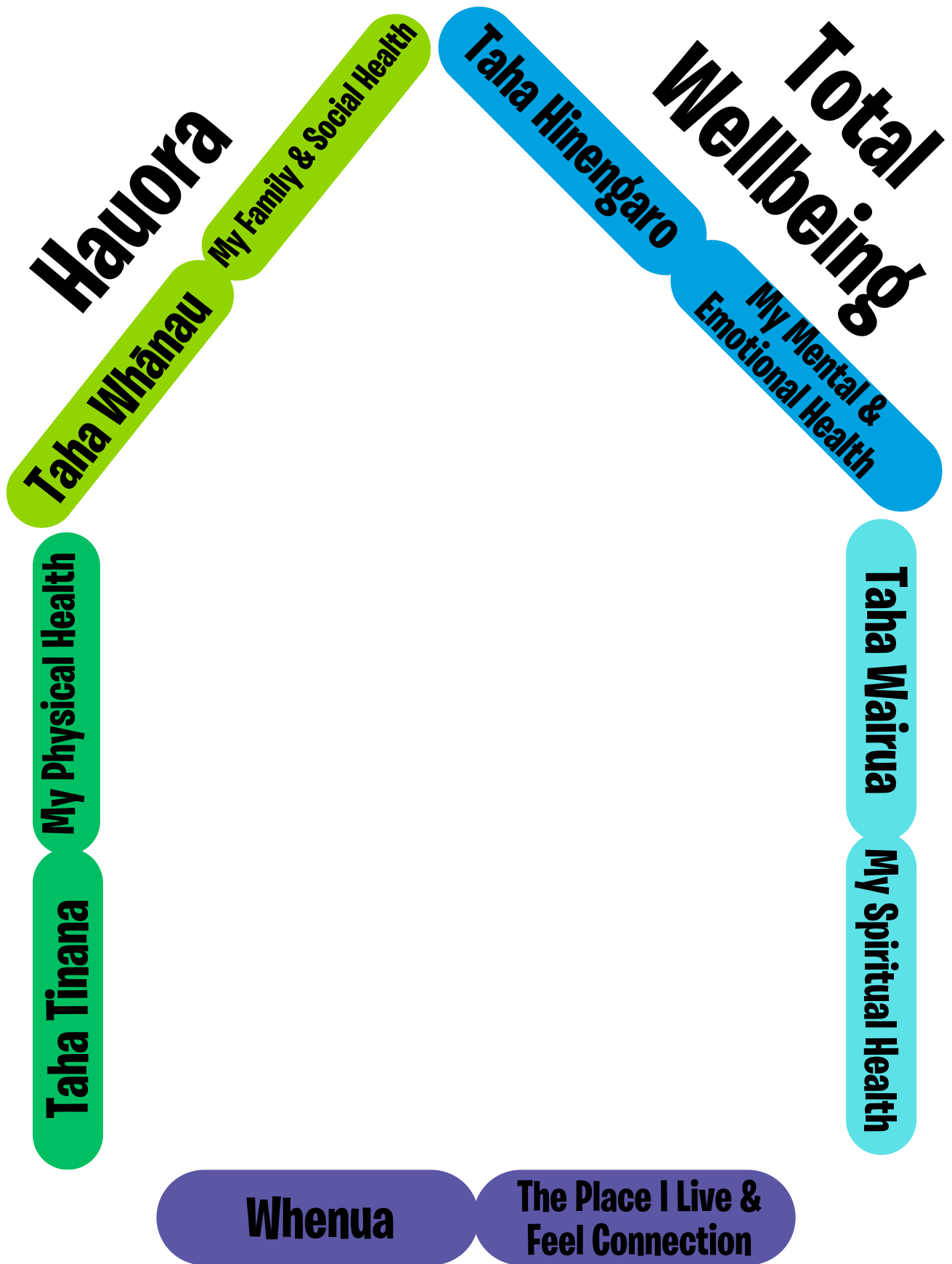


TE WHARE TAPA RIMA



Draw lines connecting the activities to the aspects of your hauora you think they'll help. Circle the activities you feel are most important to you.

TE WHARE TAPA RIMA



Draw some activities from across all five areas that help your hauora.



CREATE A POSTER

Create a poster showing why it's important
to show kindness to each other



Brainstorm your ideas here first then create
your poster on a computer or on paper.

BASIC NEEDS

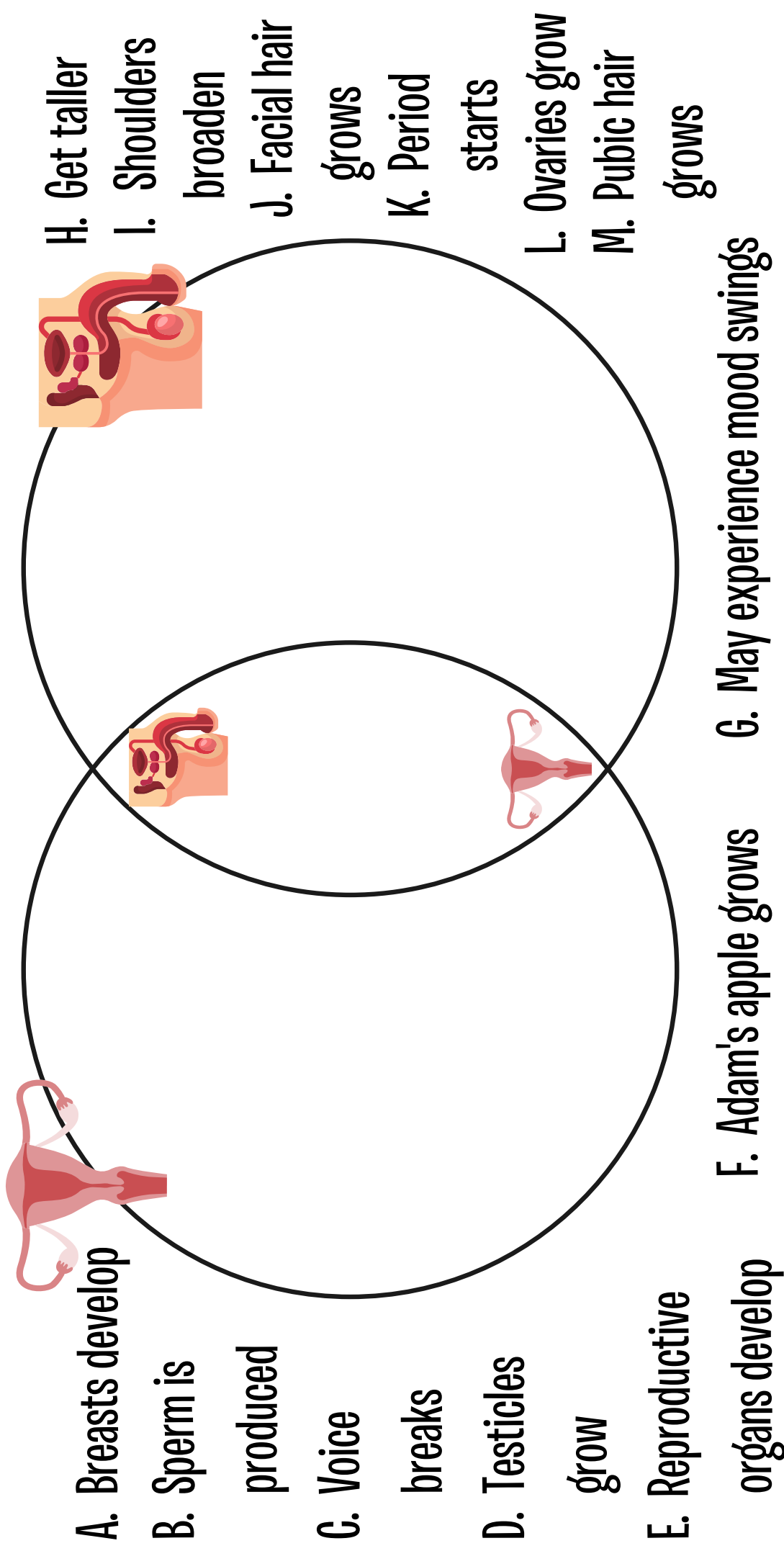


Give examples from the Basic Needs that you think are most important during puberty:

During puberty our needs may change.
How can we ensure we meet them?



Pubertal Change Venn Diagram



Put the letter of the change in the correct part of the Venn diagram

FEELINGS ARE LIKE CLOUDS...

...they come and go

STAY

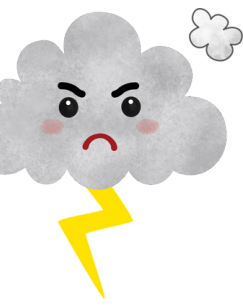


STUCK



Fill one cloud with feelings we want to STAY in and the other with feelings we sometimes feel STUCK in. Think about times we may feel these.

STUCK?



I CAN...



Draw or write **4** strategies that may help get yourself out of, or cope with, a stuck feeling.

1

2

3

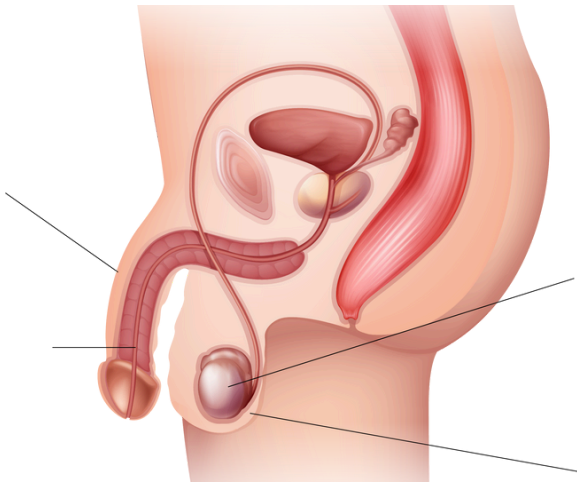
4

Choose a situation that can cause you to be stuck and decide which strategy would work best.

Remember that sometimes we just need to feel our stuck feelings for a while and that's ok.
We just don't want to be stuck for too long.

LABEL THE DIAGRAMS

Cut out these labels and glue them in the correct places on your pages with the larger diagrams.

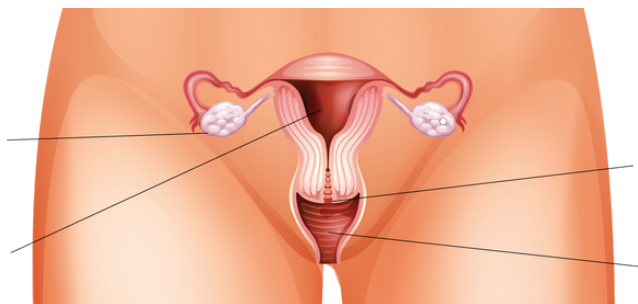


penis

scrotum

testicle

urethra



ovary

vagina

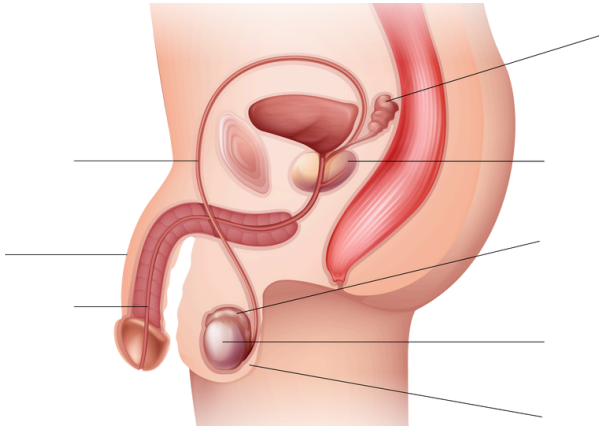
uterus

cervix



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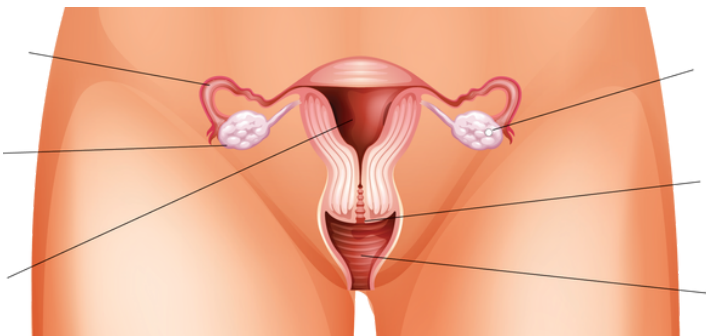
urethra

prostate

vas deferens

epididymis

seminal vesicles



ovary

vagina

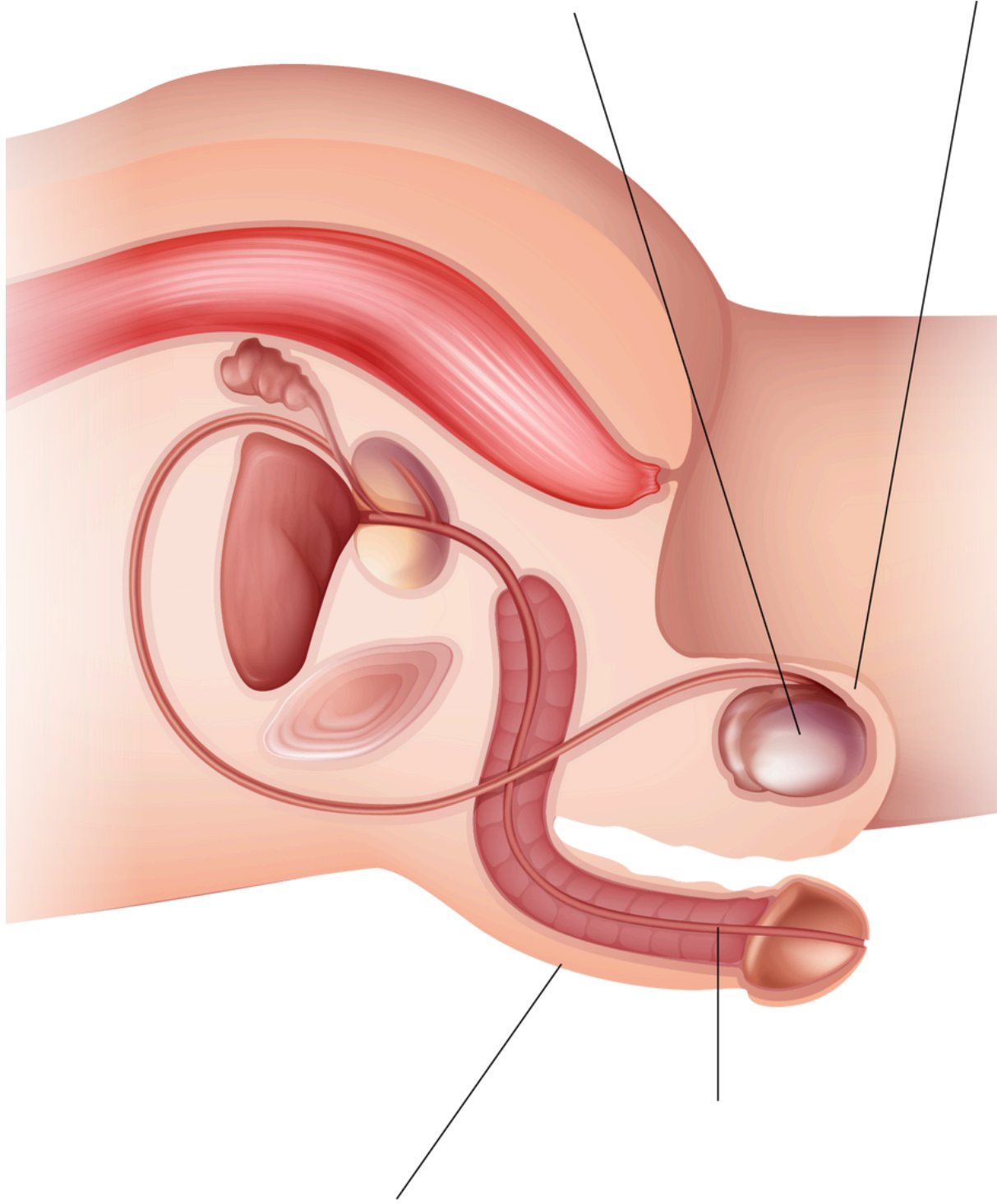
uterus

cervix

ovum (egg)

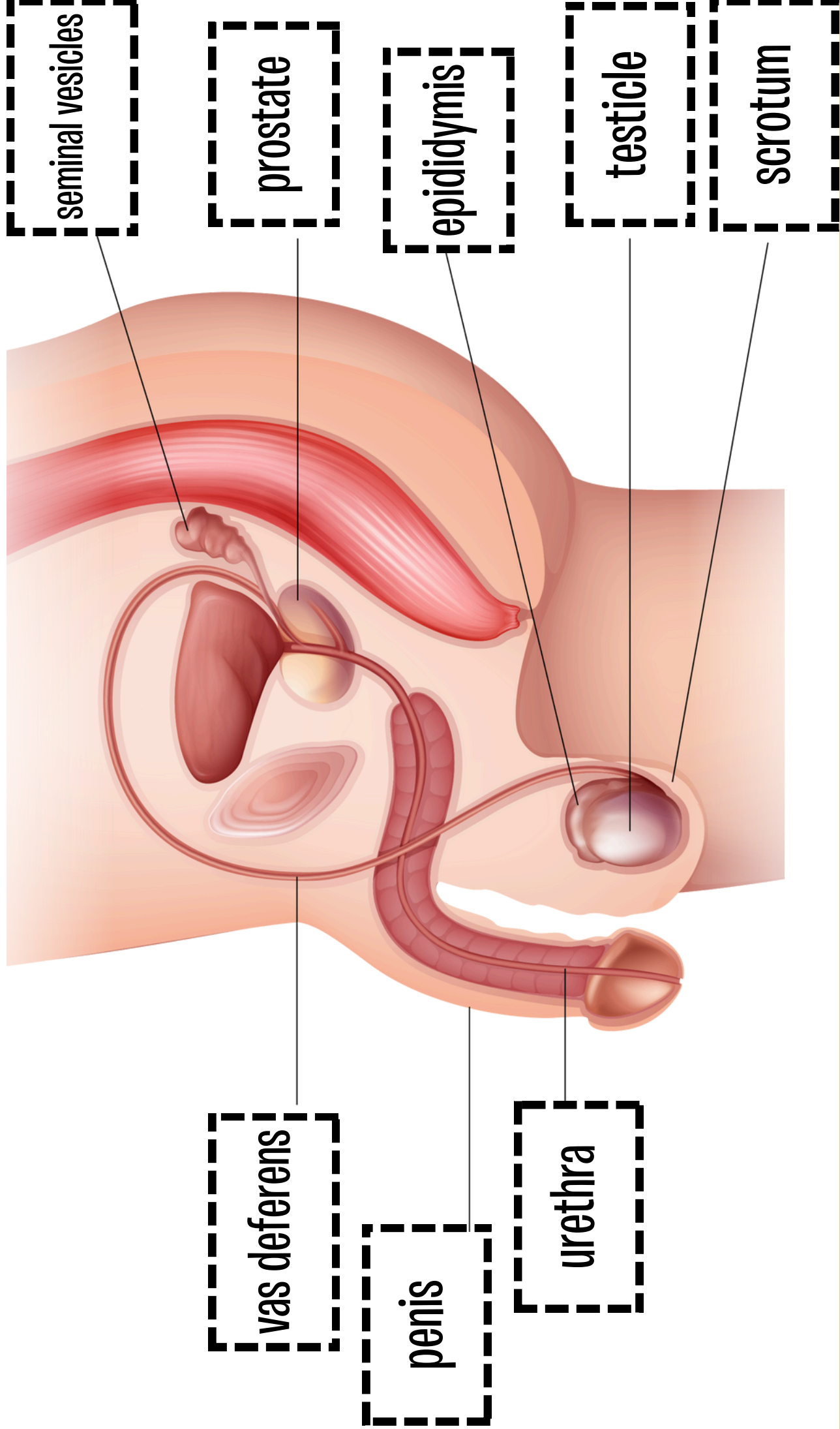
fallopian tubes



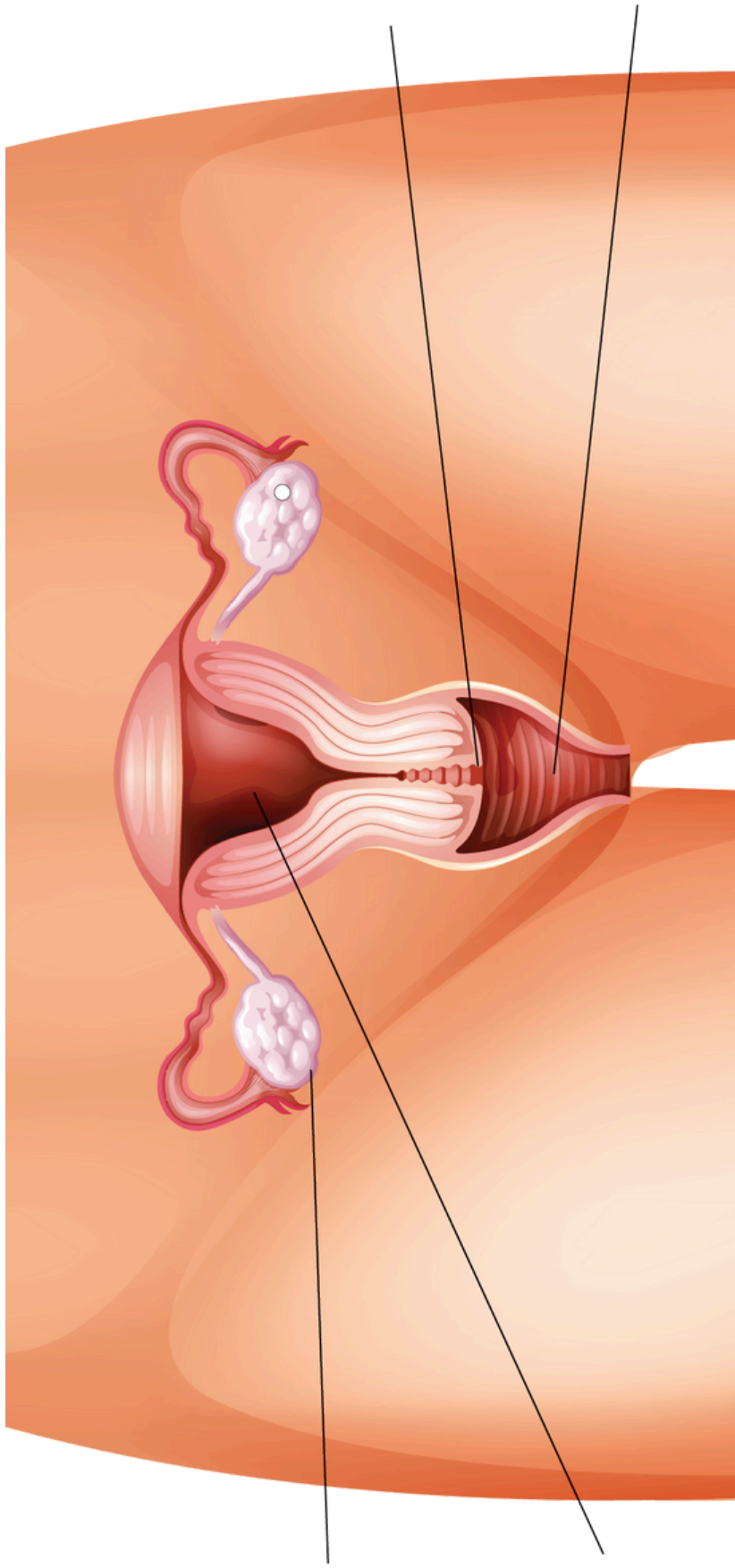


Glue the missing labels in the right places. Your missing labels are on another page.

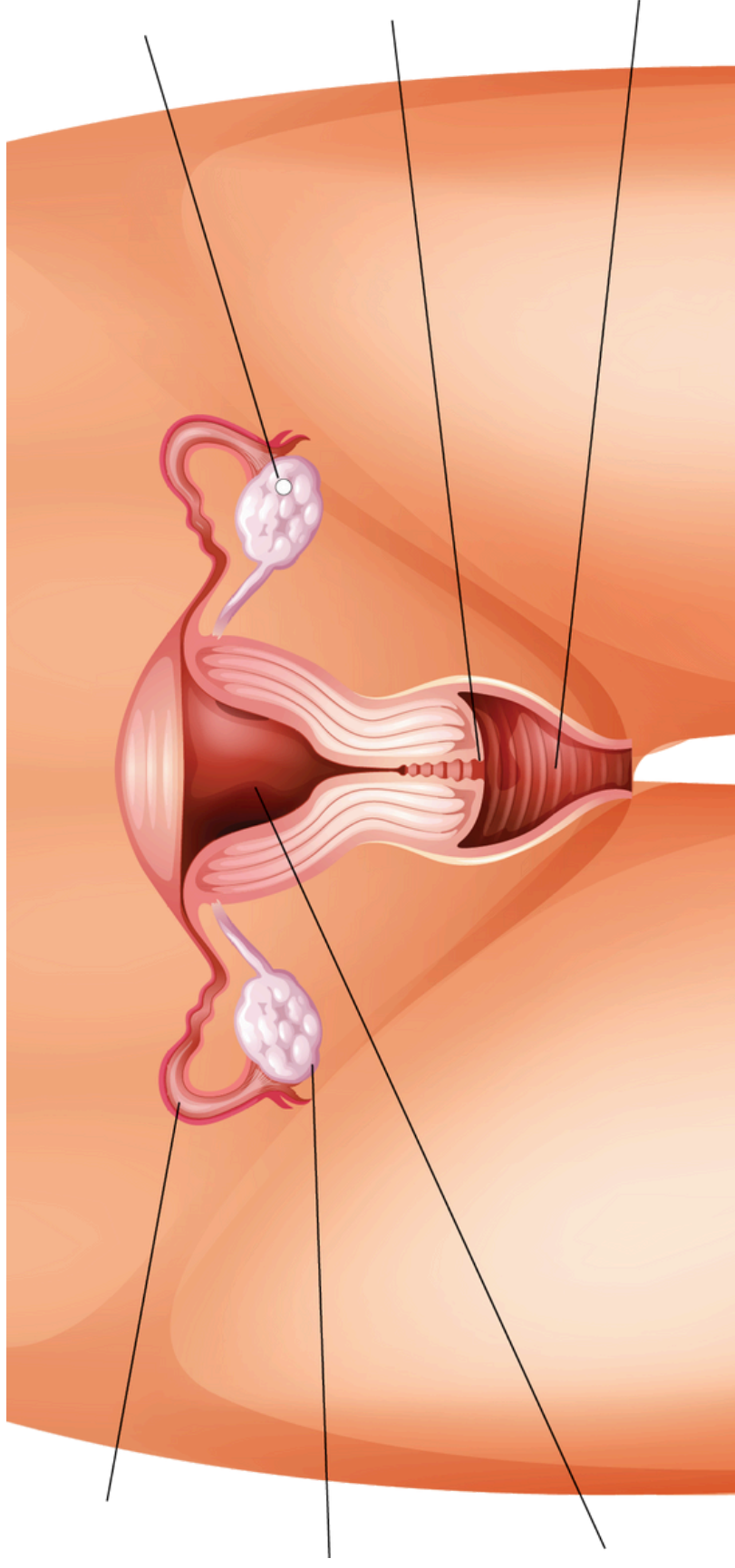




ANSWERS



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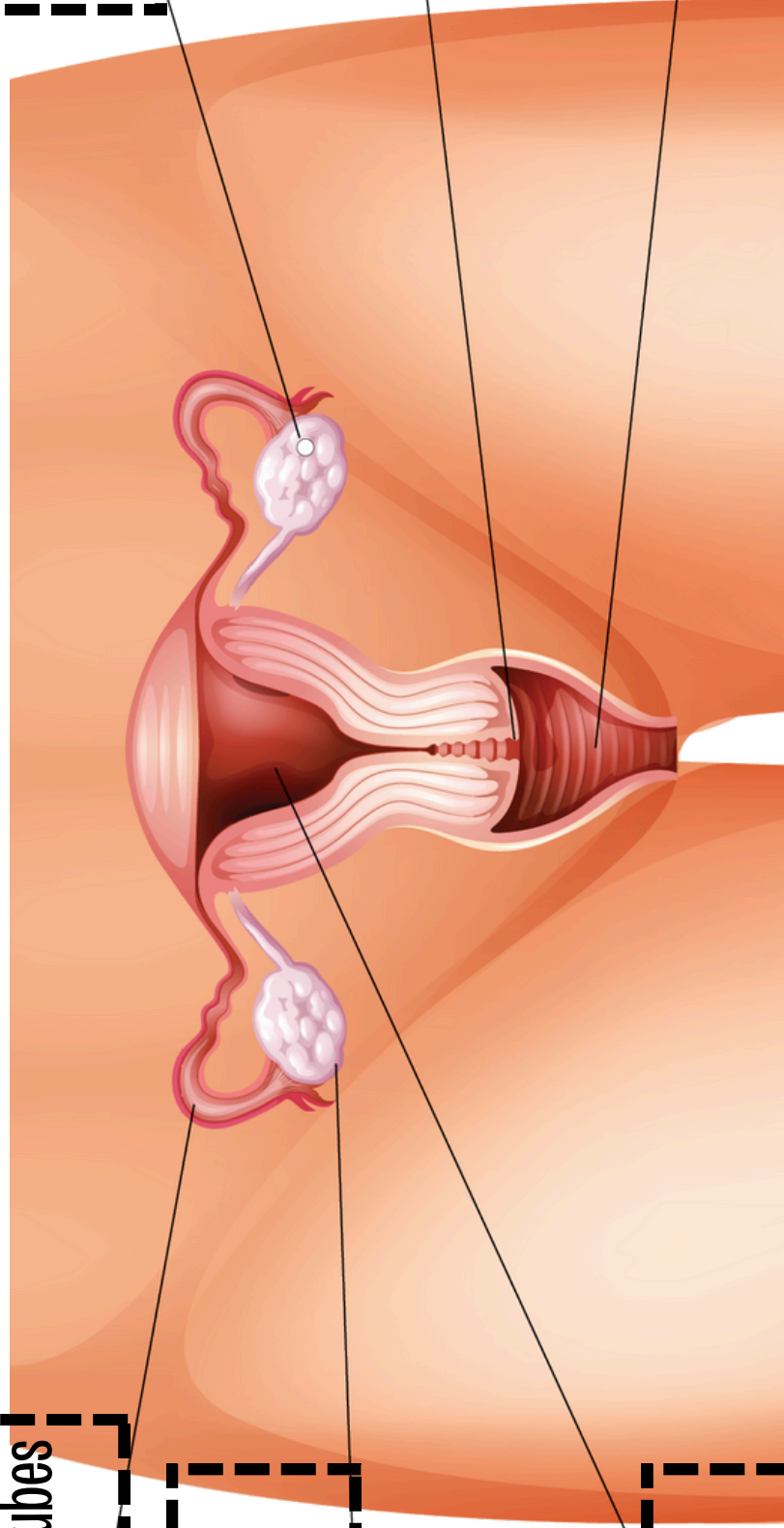
ovary

ovum (egg)

cervix

vagina

uterus



ANSWERS

WORD FIND

H	S	B	Q	R	F	B	Y	B	P	T	R	O	U	V
A	E	M	O	T	I	O	N	S	I	P	J	N	P	L
U	G	W	F	B	O	D	T	S	M	R	O	S	I	A
O	I	E	I	O	H	Y	E	L	P	O	P	Z	T	S
R	S	T	P	D	Y	H	S	E	L	G	M	E	U	O
A	W	D	E	Y	G	A	T	E	E	E	B	R	I	E
U	E	R	R	C	I	I	O	P	S	S	R	E	T	S
B	A	E	I	H	E	R	S	Z	L	T	E	C	A	T
Q	T	A	O	A	N	S	T	T	D	E	A	T	R	R
G	U	M	D	N	E	S	E	H	O	R	S	I	Y	O
O	Q	S	F	G	N	P	R	I	R	O	T	O	G	G
M	W	M	F	E	U	A	O	D	E	N	S	N	L	E
S	S	D	C	S	K	W	N	N	K	E	M	H	A	N
V	O	I	C	E	B	R	E	A	K	S	H	P	N	K
P	H	O	R	M	O	N	E	S	N	E	R	G	D	I

body changes

body hair

breasts

emotions

erection

hauora

hormones

hygiene

oestrogen

period

pimples

pituitary gland

progesterone

sleep

sweat

testosterone

voice breaks

wet dreams



Words can be found horizontally
and vertically.



WORD FIND ANSWERS



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GROWING UP

Think ahead to your teenage self...

I'm excited about:

I'm nervous about:

I'm curious about:

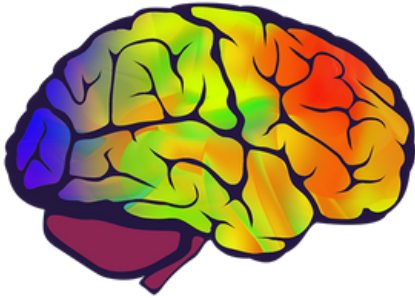


Draw/write your answers and share with a friend.
Are they the same answers as your friend, or different?



OUR BRAIN IS CHANGING TOO

5 YEARS



PRETEEN



TEEN



As your body grows and changes so does your brain! It matures by fits and starts in a sequence that moves from the back of the brain to the front. These images show the development of a brain, pruning and strengthening of neurons and nerve pathways.

The more purple, the more developed.

Sometimes we may go to people or places for help:

Colour **yellow** who could help with peer pressure

Colour **blue** who could help with questions about growing up and puberty

Colour **green** who could help if you're feeling stressed

Our whānau

Our peers

Influencers

Social media

Trusted adult

0800 what's up

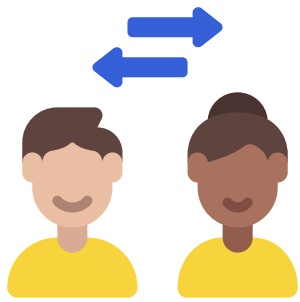
Google

Teachers

Counsellor

Strangers

Remember there are people who can help us navigate any choices we might need to make during this time



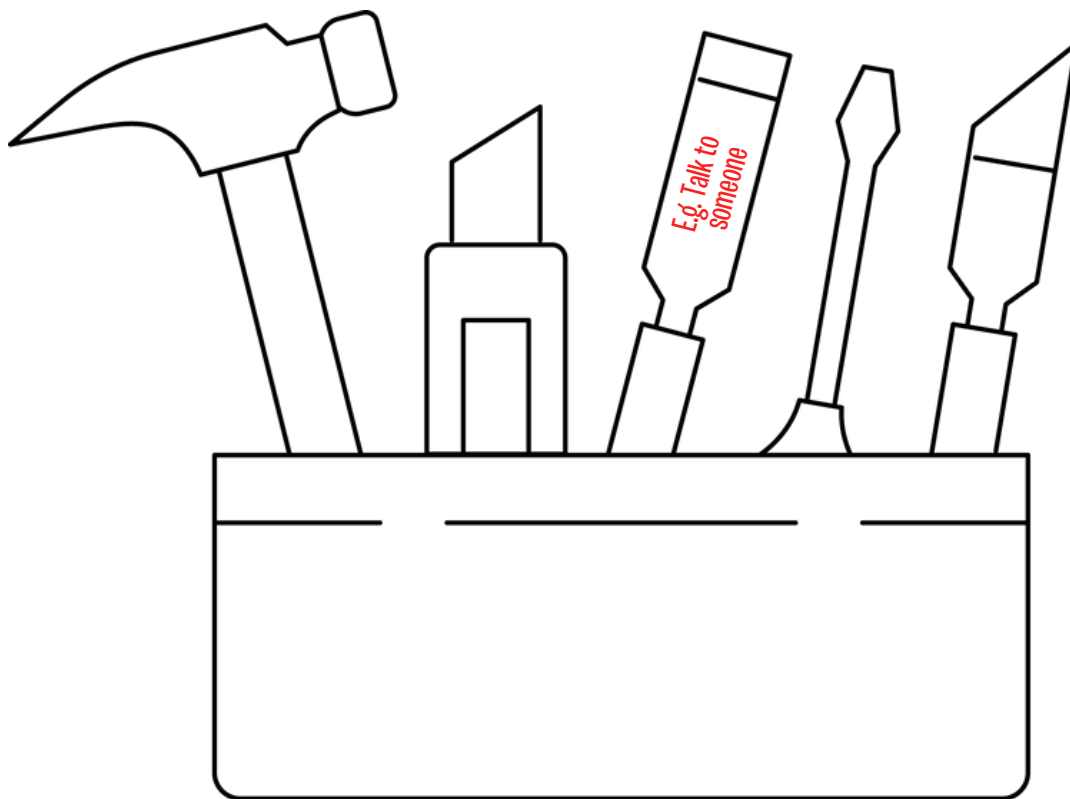
PEER PRESSURE

Peer pressure can be both positive and negative.
Can you think of an example of each?

Positive

Negative

What tools can you use to help in negative peer pressure situations?



CONSENT



Consent is: _____

When do we need to ask for consent?

	YES	NO	MAYBE?
Enter the bathroom when someone is in there			
Hug someone in our whānau			
Hug a friend at school			
Share a friend's photos online			
Eat food off someone's plate			
Borrow your brother's favourite t-shirt			
Visit a friend's house after school			
Show physical affection towards someone you like			
Stay for dinner at a mates house			
Change the channel on the TV			

Who can I talk to if I have questions or concerns: _____

HAROLD'S TOP TIPS FOR PUBERTY

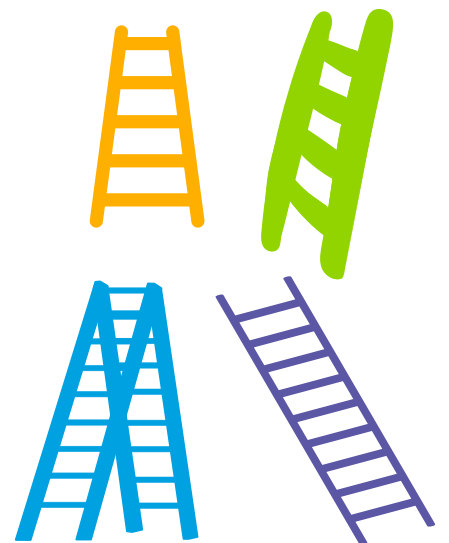


Be
KIND
TO
YOURSELF



KŌRERO! Find people or organisations you can talk to. Remember, everyone goes through puberty. It's completely normal. Our bodies are amazing!

Everybody climbs the puberty ladder but everybody's ladder is different. You think your body is changing differently to your friends? It's all good! It's all normal. Be kind to yourself. Talk to an adult if you're really worried about something.



OUR BODIES ARE AMAZING

