

## Rse4schools Puberty Programmes

**Who is Brigid Teevan?** A registered teacher of Health Studies who specialises in Relationships and Sexuality Education. Brigid's academic training (degree, master's degree and her doctorate studies) has focused on adolescent's sexual wellbeing and education. She has over 15 years' experience of delivering various RSE programmes to both primary and post-primary students, has trained in a variety of educational programmes and resources. Brigid qualifications and work meet the requirements of *Circulars 22/2010* and *23/2010* (DES, 2010) and more recently *Circular 0042/2018* and *0043/2018* and is *Garda Vetted*. Brigid works closely with the schools to meet their individual needs and the delivery of all elements within the RSE curriculum, to meet the needs of their students.

### 5<sup>th</sup> Class RSE Programme – Puberty Changes

**Learner Outcomes:** describe physical, emotional and social changes that occur during puberty (e.g. menstruation, secondary sexual characteristics, changing identity and moods).

Lesson plans contain several activities to achieve the learner outcomes above. The activities built on the ones that come before them.

#### Classroom Activities

##### **Day one - Introductory Session: Self-identity and self-worth, sensitive language (60 minutes).**

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- a) Introductions and ground rules
- b) Identifying ourselves
- c) Talking about bodies
- d) Homework sheet

##### **Day two - Second Session - Puberty (60 minutes).**

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- a) Great in difficult changes
- b) They tell me I'm going through puberty
- c) Question Box
- d) homework sheet

##### **Day three - third session - puberty continued. (60 minutes)**

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- a) More about puberty
- b) Social and emotional changes
- c) Evaluation quiz
- d) Summary
- e) Answer children's questions