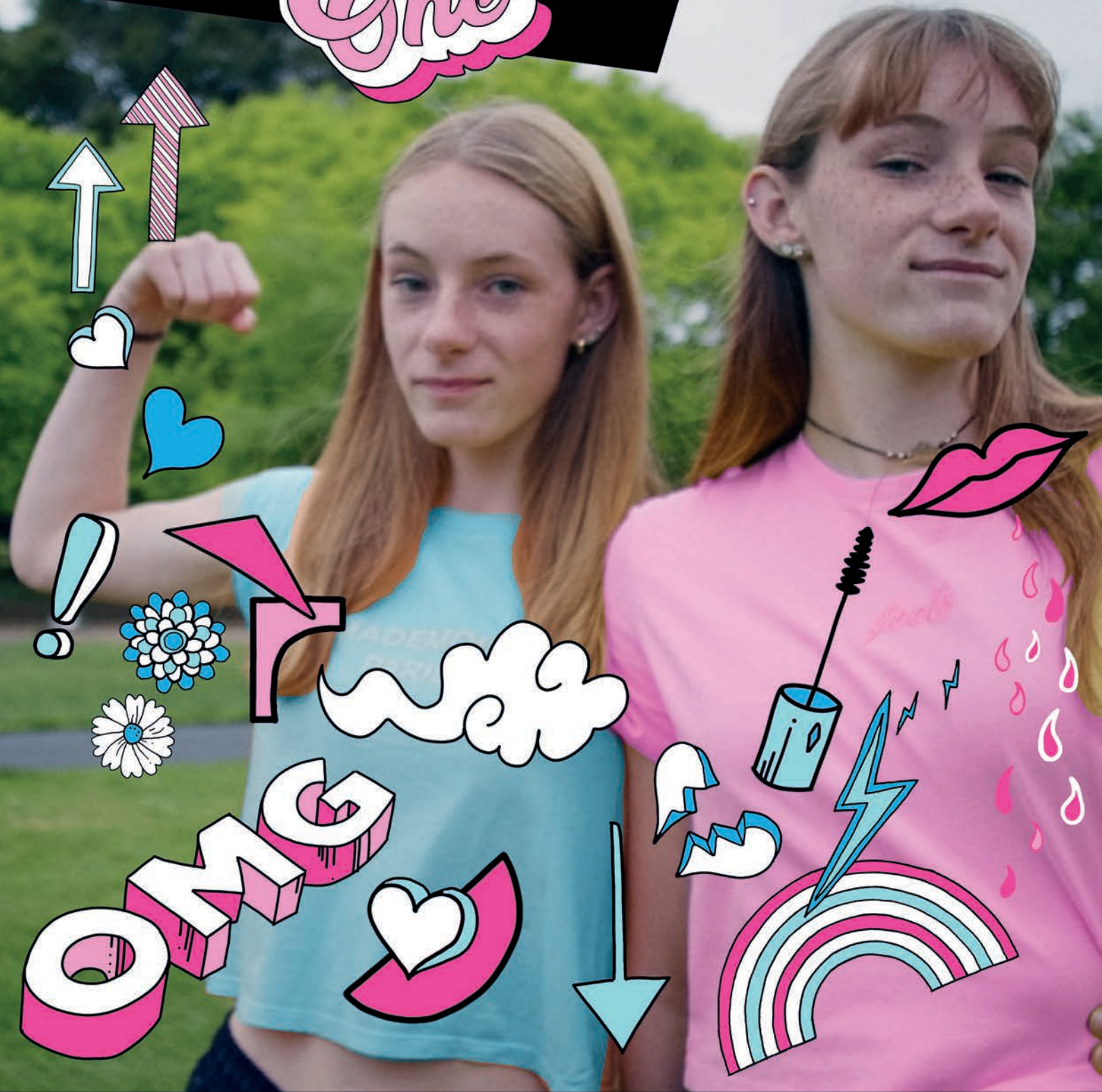


# CHANGES TO YOUR BODY

## Chapter One



U by Kotex® believes that Period or not, she can.

What does this mean? It means providing women with the best protection during their period, but also breaking down barriers and fighting the stigmas surrounding menstruation. It means supporting vulnerable women and people in crisis. And it means raising the next generation with confidence that they can do and be anything they want - period or not.

As part of our advocacy work, we've connected with over a million students across schools in Australia, New Zealand and the Pacific islands, opening a positive dialogue with both boys and girls around what it means to have a period. And we're still going - we aim to reach 5 million more students through our education program by 2030.

We're also expanding our advocacy efforts and working to address period poverty, in partnership with The Period Place and others across ANZ. The Period Place is Aotearoa's biggest period advocacy charity and their mission is to provide safe spaces for period conversations, get period education to those that need it, and ensure every menstruator in Aotearoa has the same access to the period products they need.

Lastly, we're also looking at the environmental impacts of our products. From how they're made to how they're disposed, we're improving the sustainability of all our processes and working on new innovations that will help girls and women across ANZ manage their period with confidence.



# Puberty & MENSTRUATION

## OVERVIEW

This entire Unit stimulates discussion and accurate learning about body changes, secondary sex characteristics and the menstrual cycle. There are student activities included.

The general approach is broken into three main topics:

1. Changes To Your Body
2. Menstruation
3. Social & Emotional Changes

UNIT  
DURATION  
APPROX  
4-6  
LESSONS

## 1. GROWTH & DEVELOPMENT

### YOUR BODY

- **Human Sexuality**  
Male and female sexuality through puberty
- **Changes**  
Physical changes  
Feelings about changes

## INDICATORS

At the end of this unit students should be able to:

- List and explain the changes that occur during puberty and adolescence
- Recognise some of the changes associated with puberty are different for boys and girls
- Learn how to manage those changes
- Correctly order the stages of the menstrual cycle
- Recognise and understand the different products needed for menstruation

## RESOURCES

- U by Kotex® website - [www.ubykotex.co.nz](http://www.ubykotex.co.nz)
- Relevant video content created by U by Kotex to accompany the lesson plans, accessible on : [www.ubykotex.co.nz/teachers](http://www.ubykotex.co.nz/teachers)
- Powerpoint presentations to use in classrooms.
- BBC interactive website: [www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/](http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/)
- 'What's Happening to U' Booklet. Booklet is enclosed in the student sample packs.

## CLASS HANDOUTS

The following worksheets are enclosed in the Teachers Kit, and can be downloaded from the U by Kotex® website: <https://www.ubykotex.co.nz/teachers-downloads>

1. True or false puberty quiz
2. Changes to the body
3. The menstrual cycle
4. Social & emotional changes activity

## OUTCOMES

For the total unit

- Students describe and analyse the influences on sense of self
- Students learn about how to explain the physical, social and emotional changes during adolescence
- Students learn how to manage the changes associated with puberty

## TEACHERS NOTES – PART 1

**CHANGING BODY &  
SECONDARY SEX  
CHARACTERISTICS**

PLAY THE **INTRODUCTORY VIDEO** AS AN ICE-BREAKER THEN DISCUSS THE CHANGES THAT OCCUR DURING PUBERTY FOR GIRLS AND BOYS.

DRAW TWO COLUMNS ON THE BOARD TITLED "BOYS" & "GIRLS" GIVING STUDENTS TIME IN GROUPS OR PAIRS TO LIST ANY CHANGES AND THEN SHARE AS THE TEACHER WRITES RESPONSES ON THE BOARD (DEPENDING ON TIME).

GET THE STUDENTS TO CALL OUT ANY CHANGES RELATED TO PUBERTY AND NOMINATE WHETHER THEY FIT IN – EITHER THE BOY COLUMN, THE GIRL COLUMN OR BOTH COLUMNS. LATER, YOU'LL WORK THROUGH A DETAILED LIST FOR BOTH SEXES.

MANY STUDENTS DON'T KNOW THE FORMAL TERMS ASSOCIATED WITH PUBERTY. BUT MAY KNOW THE INFORMAL WORDS. IT CAN BE BETTER FOR THE LESSON TO ALLOW THEM TO USE THE INFORMAL MĀORI OR OTHER CULTURAL WORDS THEY USE AT HOME THEN INTRODUCE AND EXPLAIN THE RELEVANT FORMAL WORDS ASSOCIATED WITH PUBERTY AND BODY PARTS.

# WHAT'S HAPPENING TO U?

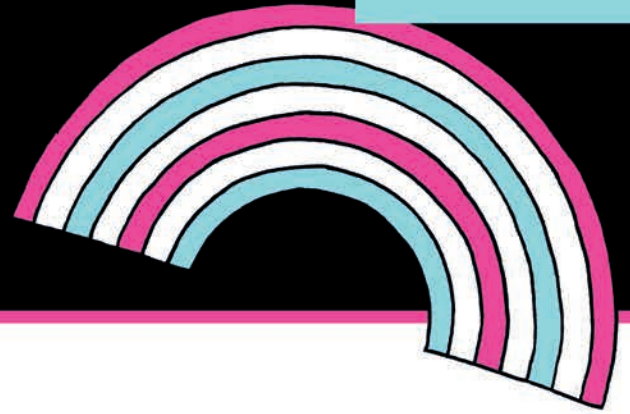
## THE CHANGES - ANSWERS

### Girls

- Breasts get bigger and may not grow at the same rate
- Hair appears under the arms and around the pubic area
- Increased oil production can cause pimples
- Increased tiredness
- Hips widen and body becomes more curvy
- Sweat and body odour become more noticeable (need to wash body, clothes & hair and use anti-perspirant deodorant)
- Vaginal discharge becomes more noticeable
- Height and weight increases
- Hair on legs becomes thicker and darker
- Sexual desires develop
- Ovulation begins and periods start
- Temporary clumsiness from body shape change
- Emotional changes - varying emotions, mood swings may develop e.g. loneliness, crushes, wanting to be independent, self-conscious

### Boys

- Changes generally occur later
- Penis and scrotum enlarge and their shape changes
- Hair appears under the arms, in the pubic area, chest and face
- Increased oil production can cause pimples
- Voice breaking which can take up to a year
- Sexual desires develop, wet dreams occur
- Erections occur
- Sweat and body odour become more noticeable (need to wash body, clothes & hair and use anti-perspirant deodorant)
- Sperm grows in testes
- Height and weight increases
- Hair on legs becomes thicker and darker
- Temporary clumsiness from body shape changes
- Emotional changes - varying emotions, mood swings may develop e.g. loneliness, crushes, wanting to be independent, self-conscious




# TEACHERS NOTES PART 1

## Changing Body & Secondary Sex Characteristics

- Discuss each of the changes, encourage questions.
- A good option to help shy students is to ask for questions anonymously written on paper, collected at the end and answered next class. To ensure this is truly anonymous, consider using the Question Box as a strategy. Every student is given the same size and colour piece of paper and every student must write something on the paper whether it is a question or just what they ate for breakfast. Every student must put his or her paper in the box. Students also have rules, for example, no names are to be mentioned in questions.
- Open up class discussion on good personal hygiene for puberty and adulthood (brainstorming as a whole class or the “think, pair, share method”, where students work in pairs before sharing their ideas as a whole class).
- Create a table and list answers as suggested by students.

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# GOOD PERSONAL HYGIENE

GIRLS & BOYS

- **SHOWER ONCE A DAY MINIMUM**
- **JOCK ITCH MAY NEED ANTI-FUNGAL CREAM**
- **WASH CLOTHES & SHEETS REGULARLY DUE TO EXTRA SWEAT, GREASE AND OILS**
- **WASH YOUR FACE BEFORE BED & AFTER YOU WAKE UP (PIMPLES AND OILS ON FACE)**
- **BRUSH YOUR TEETH TWICE A DAY**
- **CHANGE TAMPONS, PADS & LINERS REGULARLY**
- **DRINK PLENTY OF WATER**
- **EAT FOOD FROM THE FIVE FOOD GROUPS FOR A DIET HIGH IN VITAMINS & MINERALS**
- **WEAR COTTON UNDERWEAR INSTEAD OF SYNTHETIC**



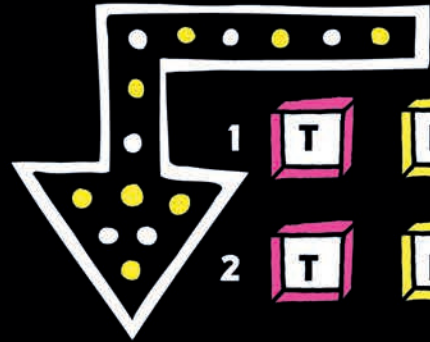


**TICK THE  
CORRECT  
ANSWER  
BELOW!**

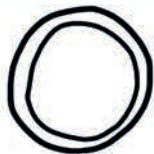
**TRUE/FALSE QUIZ**

*your changing body*

- 1 PERIODS START AT 13 YEARS OF AGE FOR ALL GIRLS**
- 2 IN GIRLS, ONE BREAST MAY GROW QUICKER THAN THE OTHER**
- 3 GIRLS' AND BOYS' BODY SHAPES WILL CHANGE DURING PUBERTY**
- 4 DURING PUBERTY, INCREASED APPETITE LEADS TO ACNE**
- 5 DURING PUBERTY, GIRLS GROW HAIR IN MORE PLACES THAN BOYS**
- 6 IN BOYS, IT CAN TAKE UP TO ONE YEAR FOR THE VOICE TO DEEPEN**
- 7 PUBERTY DOES CHANGE THE BODY'S HYGIENE NEEDS**
- 8 ALL THE CHANGES DURING PUBERTY ARE EXTERNAL**
- 9 SEXUAL DESIRES WILL DEVELOP IN BOTH SEXES DURING PUBERTY**
- 10 BOYS AND GIRLS ARE LIKELY TO HAVE MORE ENERGY DURING PUBERTY**



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## TRUE/FALSE QUIZ

*your changing body*

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## ANSWER SHEET

(Teachers can have students move to either side of the room to indicate their answer i.e. left for true, right for false. This could be used as the quiz itself or as an activity after the students have completed the quiz to demonstrate their answers and the class could then discuss each point)

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9	<input type="checkbox"/> T	<input type="checkbox"/> F
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# HAIR- RAISING CHANGES

## TO THE BODY.

### ANSWER SHEET

# Girls

**1** INCREASED OIL PRODUCTION CAN CAUSE PIMPLES

**2** HAIR APPEARS UNDER THE ARMS AND AROUND THE PUBIC AREA

**3** HAIR ON ARMS & LEGS BECOMES THICKER & DARKER

**4** VAGINAL DISCHARGE BECOMES MORE NOTICEABLE

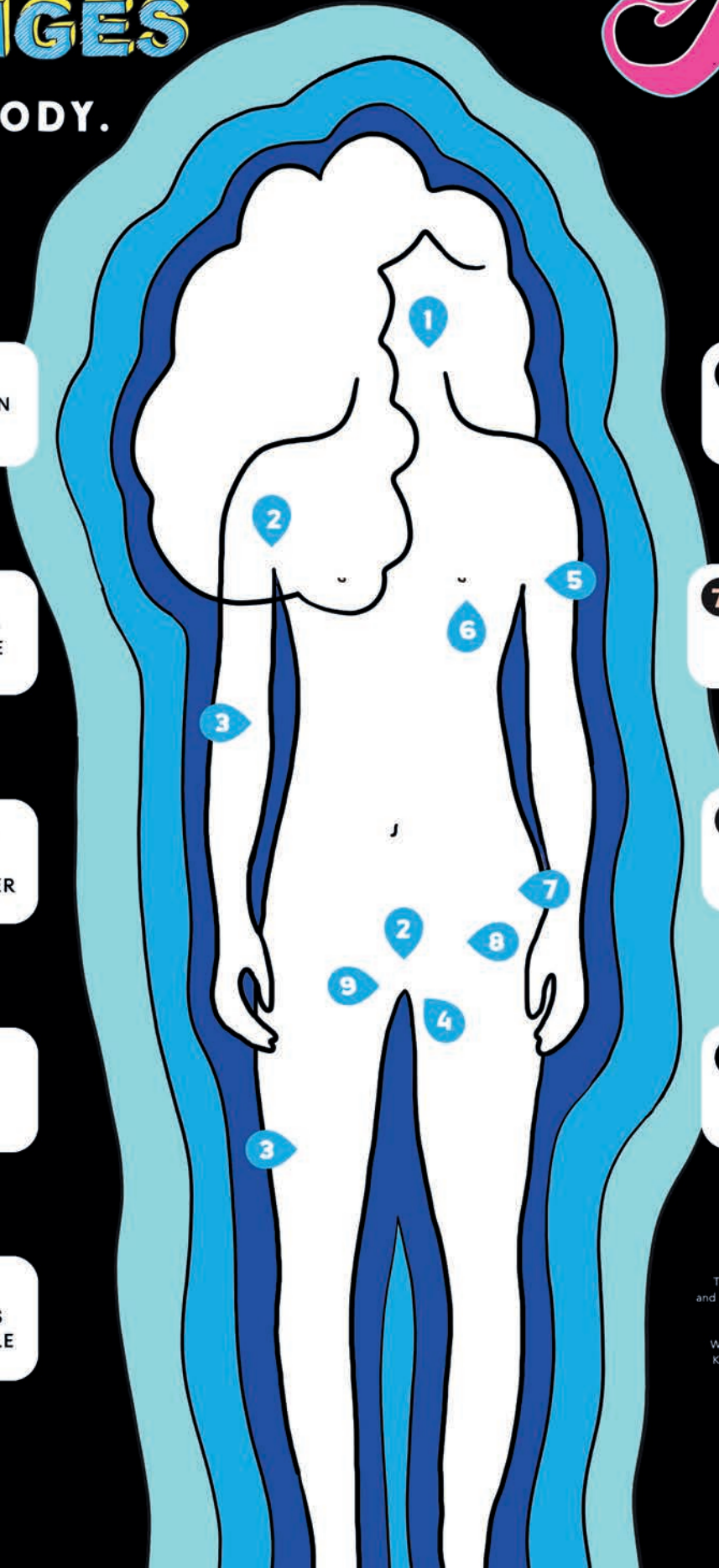
**5** SWEAT & BODY ODOUR BECOMES MORE NOTICEABLE

**6** BREASTS GROW (NOT ALWAYS AT THE SAME RATE)

**7** HIPS BECOME WIDER & BODY BECOMES MORE CURVY

**8** OVULATION BEGINS & PERIODS START

**9** GENITALS BECOME DARKER IN COLOUR AND FLESHIER



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# HAIR- RAISING CHANGES TO THE BODY.

**INSTRUCTIONS:**  
Were you paying attention? List the changes that occur during puberty.

# Girls

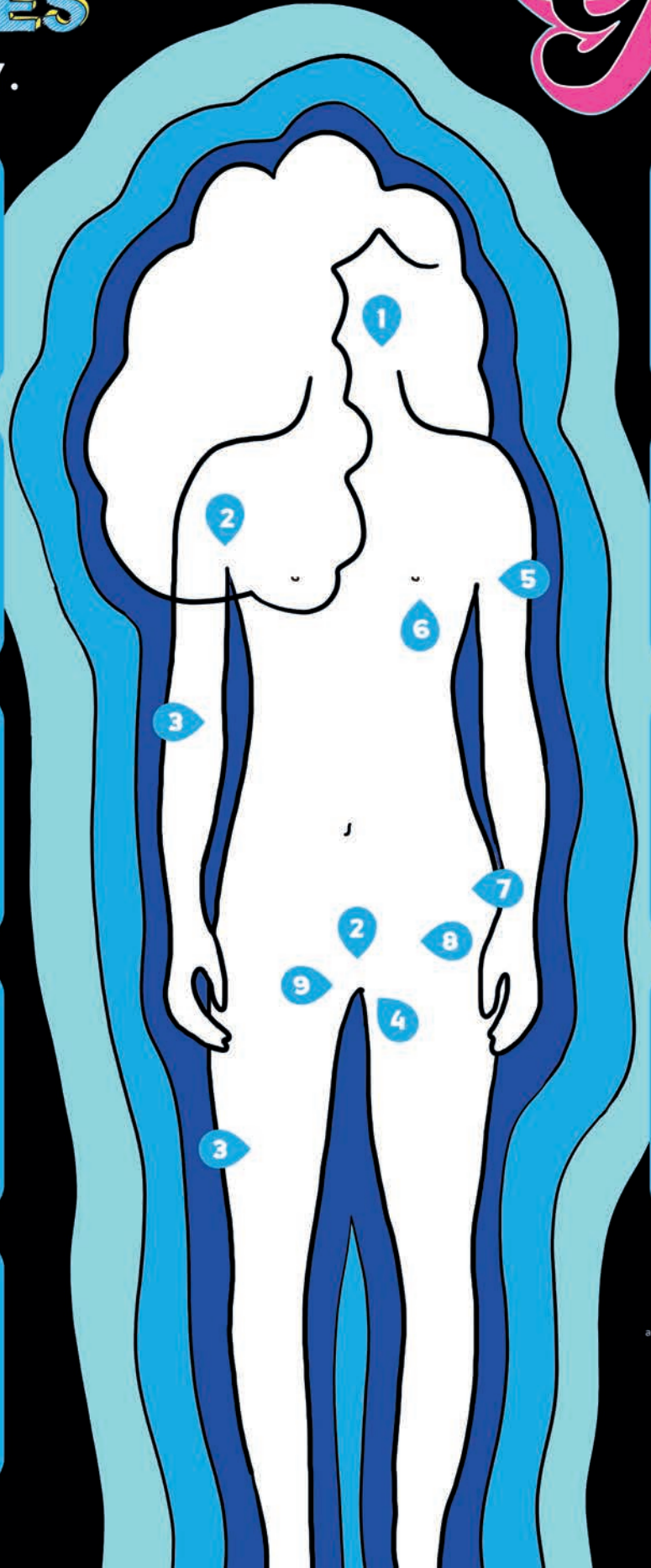
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# HAIR-RAISING CHANGES

# Boys

## TO THE BODY.

### ANSWER SHEET

**1** INCREASED OIL PRODUCTION CAN CAUSE PIMPLES

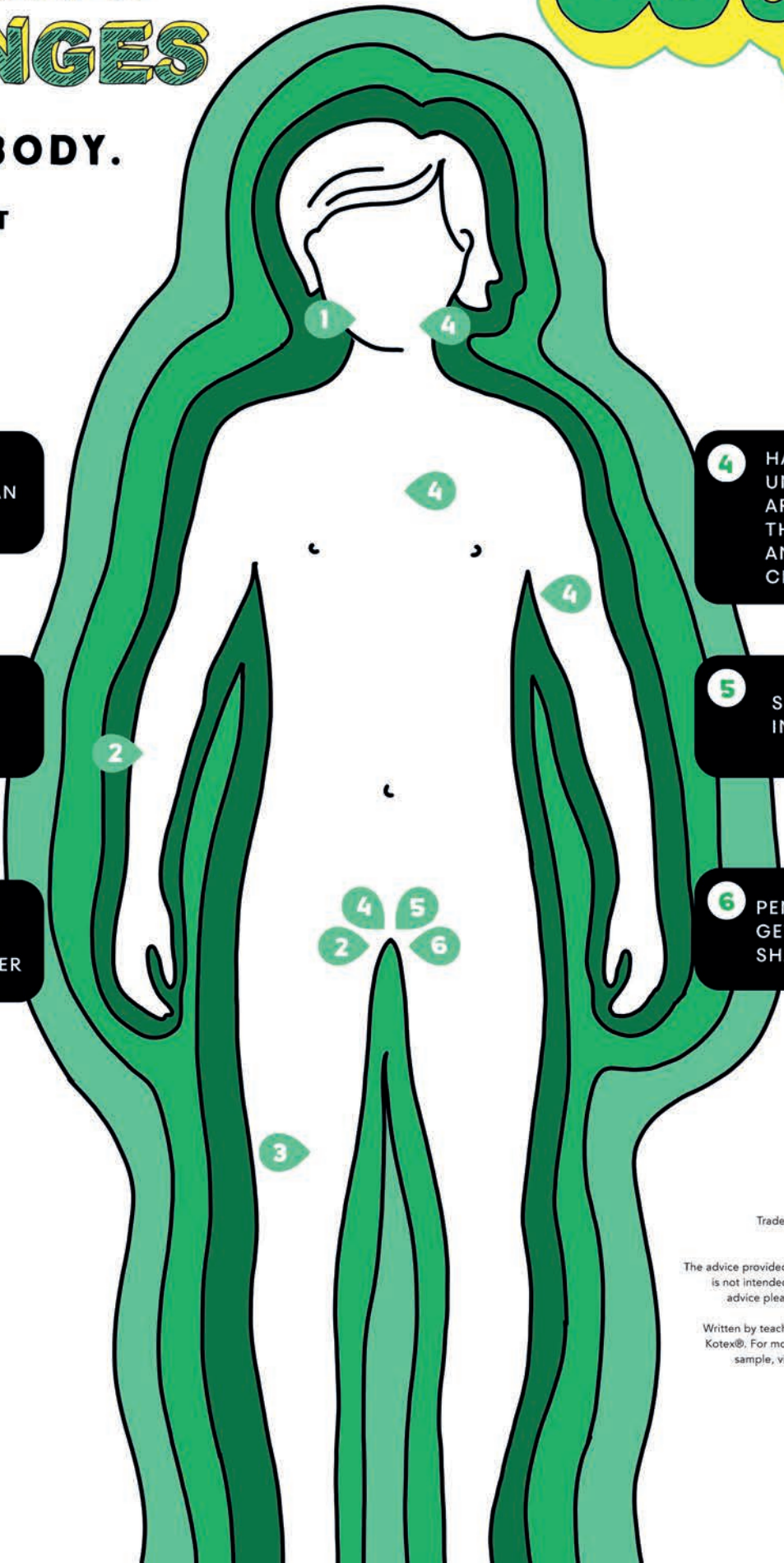
**2** ERECTIONS AND WET DREAMS

**3** HAIR ON ARMS & LEGS BECOMES THICKER & DARKER

**4** HAIR APPEARS UNDER THE ARMS, AROUND THE PUBLIC AREA AND ON THE CHEST & FACE

**5** SPERM GROW IN TESTES

**6** PENIS & SCROTUM GETS BIGGER AND SHAPE CHANGES



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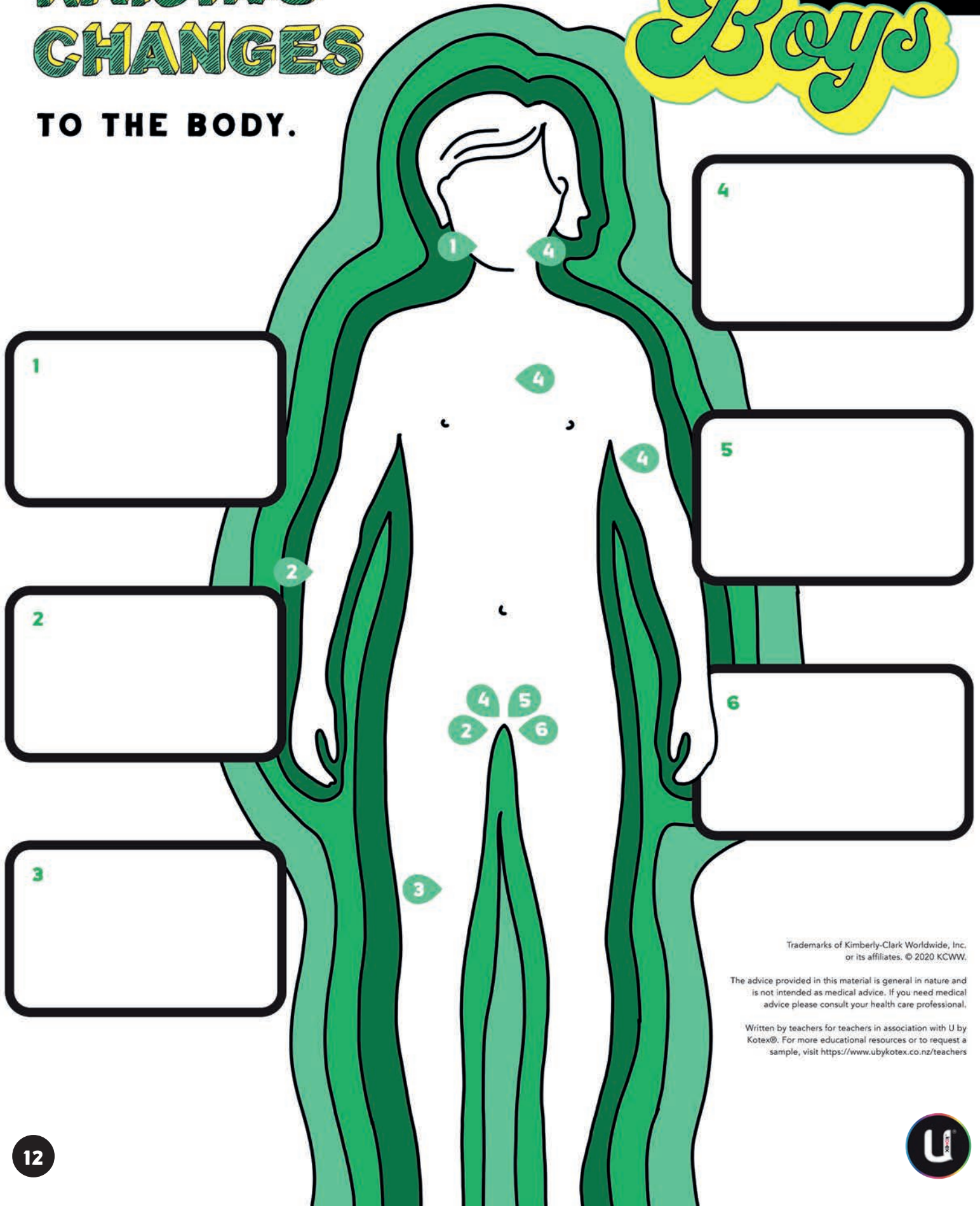


# HAIR-RAISING CHANGES

TO THE BODY.

**INSTRUCTIONS:**  
Were you paying attention? List the changes that occur during puberty.

# Boys



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# CHANGES To your body

## EXTERNAL

### URETHRA - 1

This is an opening between the clitoris and vaginal opening, where urine leaves the body.

### CLITORIS - 2

A small button-like piece of tissue which is extremely sensitive. It aids in sexual pleasure.

### OUTER LIPS - 3

These are the external folds of the female genitals, also known as the labia majora. The outer lips protect the female organs.

## INTERNAL

### UTERUS - 1

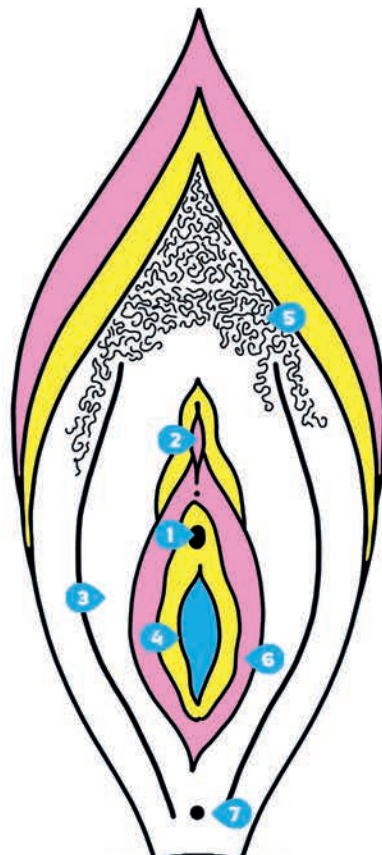
The uterus is also known as the womb. This is where a fertilised egg will become a foetus.

### OVARY - 2

This is where eggs (also known as ovum) develop. Eggs are released from the ovaries and travel down the fallopian tubes into the uterus.

### OVUM - 3

Also known as an egg. An ovum is a reproductive cell which will develop into a foetus if it is fertilised by sperm. One ovum is released each month during your menstrual cycle.



### VAGINAL OPENING - 4

This is the passage leading from the womb to the vagina, and where menstrual fluid leaves the body.

### PUBIC HAIR - 5

Thick, coarse hair that develops with puberty.

### INNER LIPS - 6

These are the two inner folds on either side of the vaginal opening, also known as labia minora.

### ANUS - 7

This is the opening at the end of the digestive tract where solid waste leaves the body.

### FALLOPIAN TUBE - 4

Once a month, an ovum will travel along one of the fallopian tubes from the ovary to the uterus.

### CERVIX - 5

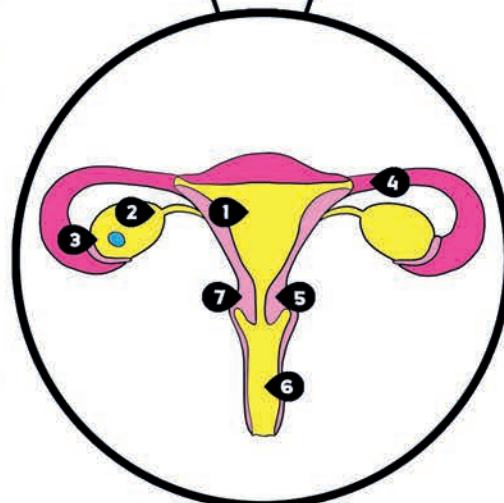
This is the lower portion of the uterus which joins with the upper part of the vagina.

### VAGINA - 6

The vagina is an elastic muscular canal that joins the outer sexual organs with the uterus.

### UTERINE LINING - 7

Also known as the endometrium, this is a layer of tissue which lines the uterus. During the menstrual cycle, the uterine lining thickens and prepares for fertilisation of an ovum. If an ovum is not fertilised, the uterine lining is shed. This is your period.

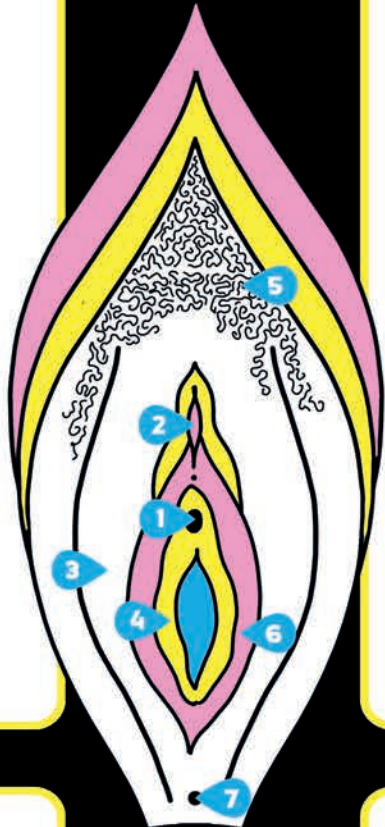


# CHANGES to your body

## GIRL'S BODY

### EXTERNAL

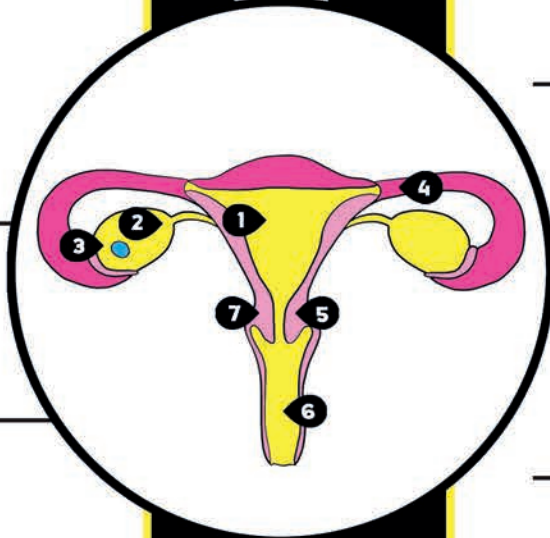
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- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



- \_\_\_\_\_ 4
- \_\_\_\_\_ 5
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### INTERNAL

- 1 \_\_\_\_\_
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- \_\_\_\_\_ 4
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- \_\_\_\_\_ 7



# CHANGES to your body

## EXTERNAL

### PENIS 1

This is the male sex organ. It's made of spongy tissue, and when a man becomes aroused it grows in size and stiffens. Semen, a fluid containing sperm, is released from the penis when a male orgasms. This is known as ejaculation.

### FORESKIN 2

This is the skin covering the end of the penis.



### 3 PUBIC HAIR

Thick, coarse hair that develops with puberty.

### 4 SCROTUM

This is the thin, loose skin covering the testicles.

## INTERNAL

### VAS DEFERENS 1

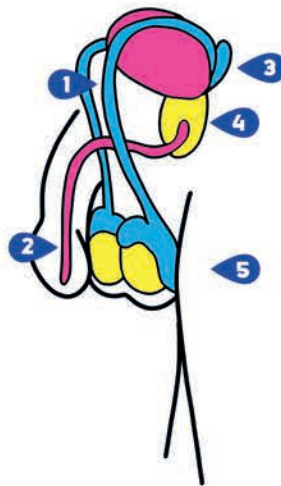
These are two thin tubes which carry sperm from the testicles to the seminal vesicles.

### URETHRA 2

Both semen and urine are released from the body through this tube.

### SEMINAL VESICLES 3

This is where sperm is mixed with semen.



### 4 PROSTATE

Some of the fluid in semen is produced here.

### 5 TESTICLES

This is the organ which produces sperm, as well as the male sex hormone, testosterone.



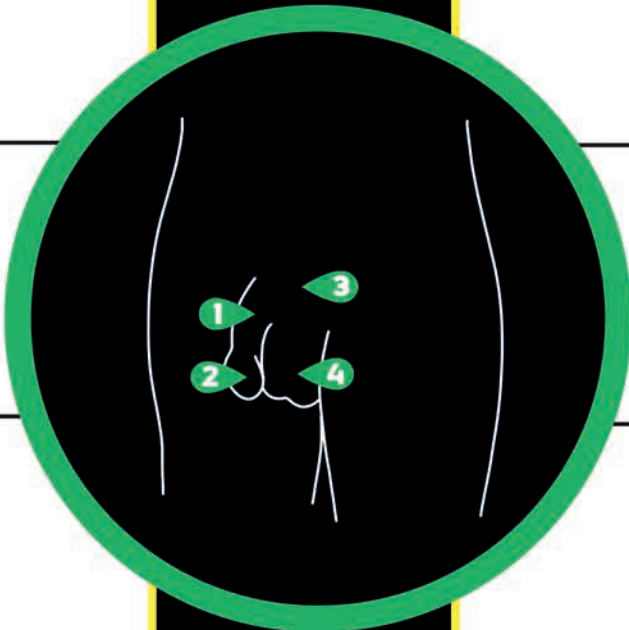
# CHANGES to your body

## BOY'S BODY

### EXTERNAL

1 \_\_\_\_\_

2 \_\_\_\_\_



3 \_\_\_\_\_

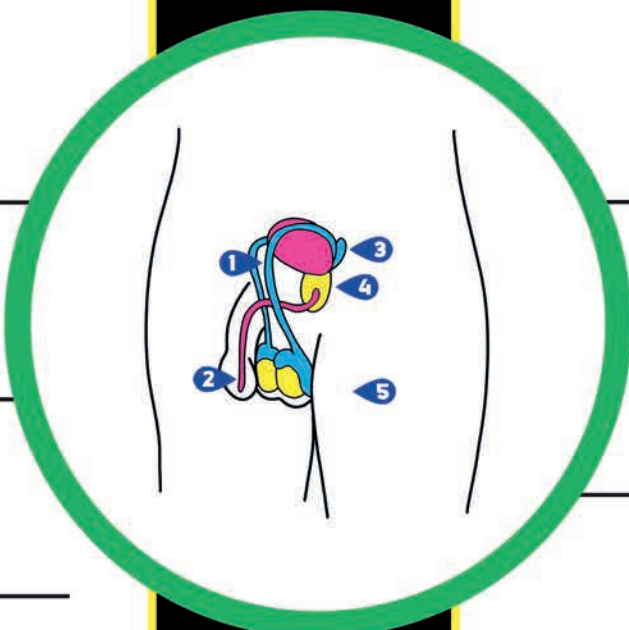
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### INTERNAL

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# TEACHERS NOTES PART 1

## CHANGING BODY & SECONDARY SEX CHARACTERISTICS

Discuss each of the changes and encourage questions  
Play the video entitled 'Changes To Your Body'

## OPTIONAL ASSESSMENT

Assessment can be taken from the indicators i.e.

**INDICATOR:** List the changes that occur during puberty

**ASSESSMENT:** Worksheet 2 and 3

The assessment could be observations by the teacher, it could be quiz results, it may be worksheets or presentations, assignments etc.

Whatever the teacher can use to assess whether the student has achieved the indicator.

