

## 2 Activities/supported discussions

- 1) Discuss the physical changes that take place during puberty. Discuss how it is normal for children to go through these changes at different times.
- 2) Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother and father. The purpose of the menstrual cycle is to prepare the female body for reproduction. There are two important stages to be completely aware of and prepared for: menstruation and ovulation.
- 3) Discuss how, as well as physical changes, emotions may change and/or become more intense as they grow and move through puberty. Discuss how these changes can positively and negatively affect physical, emotional & mental health.
- 4) As our bodies change there is pressure from outside including social media to look and feel a certain way. This can include images in the media that do not always reflect reality.

How can we deal with these external pressures and who can we talk to if we are unsure or do not understand the changes that are happening?

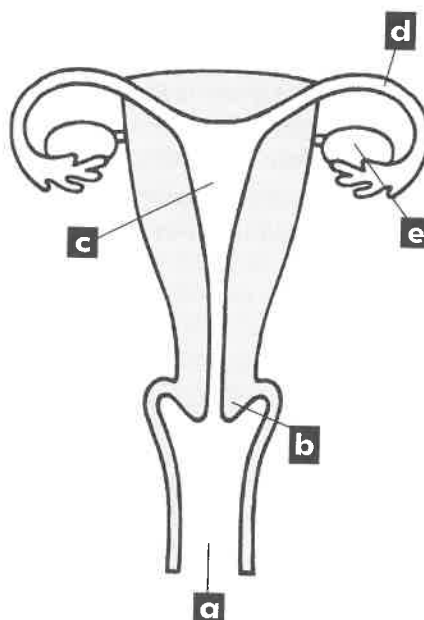
### Menstruation

(From the Latin for 'month')

- 1) The menstrual cycle is controlled by hormones released from the pituitary gland. Most menstrual cycles last for about 28 days.
- 2) The first day of the period marks the start of the cycle and is counted as day one.
- 3) If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next number of days. This is called menstruation.
- 4) The lining of the uterus begins to thicken and an ovum begins to develop.

### Ovulation

- 5) On approximately the 14th day of the cycle an ovum is released into the fallopian tube. This is called ovulation.
- 6) The ovum travels towards the uterus.
- 7) The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.
- 8) If the ovum is not fertilised it will dissolve and a period will occur.
- 9) Then the cycle starts again.



- a. Vagina
- b. Cervix
- c. Womb (Uterus)
- d. Fallopian tube
- e. Ovary