

## aims

To understand that menstruation and wet dreams are a normal part of growing up

## learning outcomes

- Explain and ask questions about menstruation and wet dreams
- Describe how to manage periods and wet dreams

## resources

- [Menstrual cycle animation](#)
- [Puberty card game](#) (one set per group)
- [Puberty card game answer sheet](#)
- [Puberty card game whiteboard summary](#)
- Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)
- Selection of sanitary wear (tampons, sanitary towels, panty liners)
- [Pictures of male and female reproductive organs](#)

## activities

1. **Recap/Introduction** In a circle, remind the class of the ground rules from last lesson. 5 mins  
Ask the class what they remember from last week. Refer to the learning outcomes on the whiteboard and discuss what they mean.
2. **Discuss/Illustrate Menstruation and Wet Dreams** Use questions to check that the class understand what menstruation and wet dreams are. In order to help, use the whiteboard to screen an animation of the menstrual cycle and/or show poppy seeds and spaghetti and [pictures of the reproductive organs](#) to demonstrate size. 10 mins  
N.B. Animation of the menstrual cycle can be found in:  
DVD (Living and Growing, Unit 2, Programme 4, *Changes* or Unit 3, Programme 7, *Girl Talk*)  
Interactive whiteboard software, *Science*  
[http://www.kidshealth.org/teen/your\\_body/body\\_basics/female\\_repro.html](http://www.kidshealth.org/teen/your_body/body_basics/female_repro.html)
3. **Puberty Card Game** In small single sex groups, hand out the [Puberty Cards](#). Ask children to take turns to read out a card. The whole group should then try to reach a consensus on whether the statement is true or false or they don't know and place the card in the appropriate pile. Reassure the children that this is a learning activity and putting cards in the 'Don't Know' pile is okay. Circulate and support the groups to achieve the task. 15 mins
4. **Card Game Feedback** Ask the groups to prioritise the cards in the 'don't know' piles and ask each group to read these cards out to the class. Check the answers and use the [whiteboard summary](#). Use the discussion to explore feelings about menstruation and wet dreams and to allay fears. Discuss how people manage menstruation and wet dreams. Display different types of sanitary wear and ask children to describe what they do and how they work. Clarify misunderstandings. 15 mins
5. **Anonymous Questions** Refer to the anonymous questions and check that everything has been covered. Deal with any unanswered questions. 10 mins
6. **Closing Round/Review** In pairs discuss "One thing I have learnt in these lessons is..." 5 mins  
Finish with a closing round.

## Additional Activities

### What is the Menstrual Cycle?

In small groups give out the [What is the Menstrual Cycle?](#) cards. Ask the children to place the cards in a correct order to show they have understood the menstrual cycle. As a whole group sequence and discuss the pictures and correct misunderstandings. Use the menstrual cycle [whiteboard summary](#) to help.

### Menstruation Card Game for Girls

For work with groups of girls, this activity offers more detailed information about menstruation. In small groups give out the [Menstruation Cards](#), ask children to read out the statements on the cards one at a time. The whole group can try to reach a consensus on whether the statement is true or false or they don't know and place the card in the appropriate pile. Reassure the children that this is a learning activity and putting cards in the 'Don't Know' pile is okay. Circulate and support the groups to achieve the task. Use the answer sheet or the menstruation card game [whiteboard summary](#) to feedback to the whole group.

### Puberty Card Game Continuum

This game can also be done by allocating three areas of the room True/False/Not Sure. Read out the cards or display on the whiteboard one by one, using the [Puberty Card Game whiteboard summary](#). Ask the children to move to the appropriate area of the room. Discuss each answer as you go.