

ALL ABOUT GROWING UP



INTRODUCTION

Sexuality is not just about the act of sex but about the values, beliefs, experiences and ideas a person has. Puberty is part of sexuality. It is the process of social, emotional and physical changes as we grow from a child to an adult. It can be a difficult subject to discuss, however sexuality is a part of us all regardless of age, illness or disability and we have the right to express it, as long as we do not harm others in doing so.

This workbook has been designed for young people living with mild to moderate intellectual disabilities. It is for them to work through with a parent, teacher or caregiver. It deals with pubertal change and public and private behaviour and uses a combination of information, pictures and activities. The inserted information section will help you progress through the workbook with the young person by providing extra information and recommended additional resources.

Ana and Peter are growing up and going through puberty. Their bodies are changing from children into young adults.

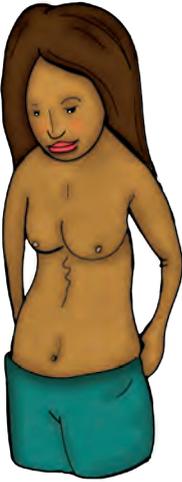


Ana has noticed that her body is different from the other females in her family.



Circle the body that is most like yours.

Ana has noticed that her body is starting to change and so are her moods.



Breasts develop



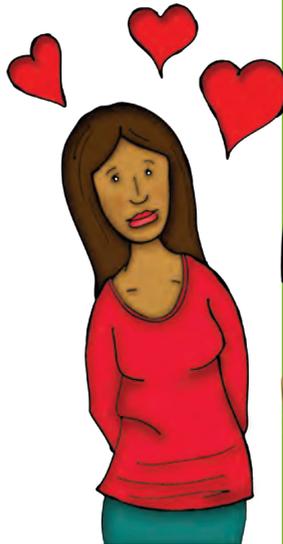
Sweat more



Hair grows under arms



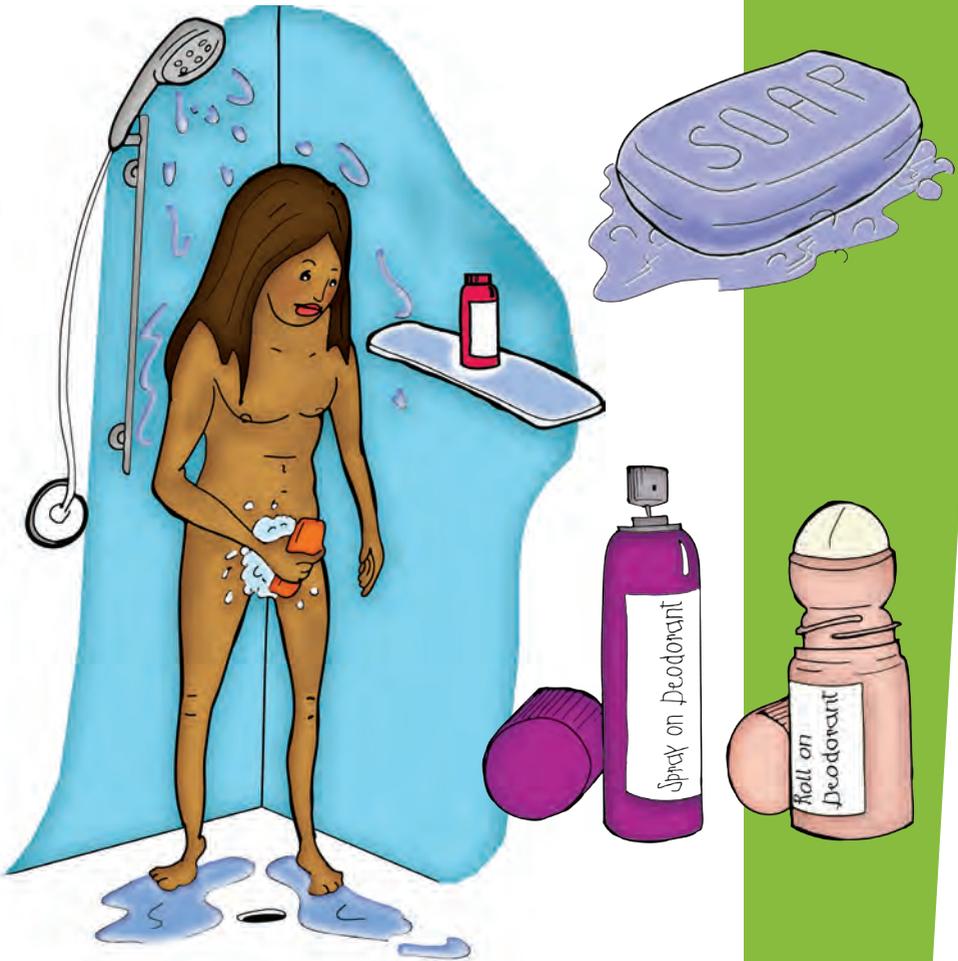
May feel moody



May start to have crushes

Because Ana is going through puberty and her body is changing she needs to take care of it.

Ana needs to wash her body everyday, including her vulva, and use deodorant under her arms. Sometimes people may need help from a parent or caregiver to look after their body.



Ana has started to wear a bra to stop her breasts from jiggling about. Breasts come in all shapes and sizes so whatever a female has they are right for her.



Once a month blood comes out through Ana's vagina for about 5 days and nights. This is called a period. This means that her body is healthy and working properly and that one day she may be able to be a mother.

When Ana has her period she wears a pad to stop blood getting on her underwear.



'How to change a Pad sequencing activity' – page 20 & 21.

Ana's mum told her that boys also have body and mood changes when they go through puberty.



Get more erections



Hair grows under arms



Eat more



May get pimples



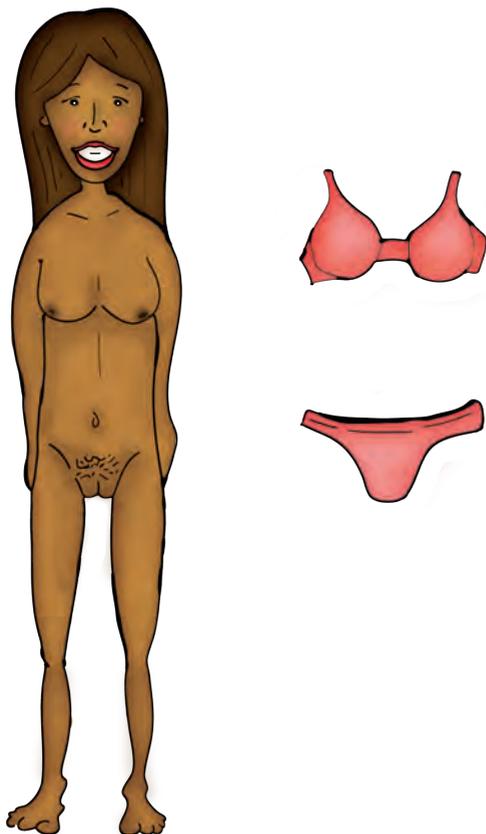
May start to have crushes

Activity 'Boys/Girls/Both'
– page 24-28.

Ana's body belongs to her. Some parts of her body are private, this means they are just for her.

Ana covers the private parts of her body with underwear.

Draw/stick underwear on Ana's body to cover her private parts.



If someone touches our private parts without us saying they can, it is important that we tell an adult we trust. Who is an adult you could tell?

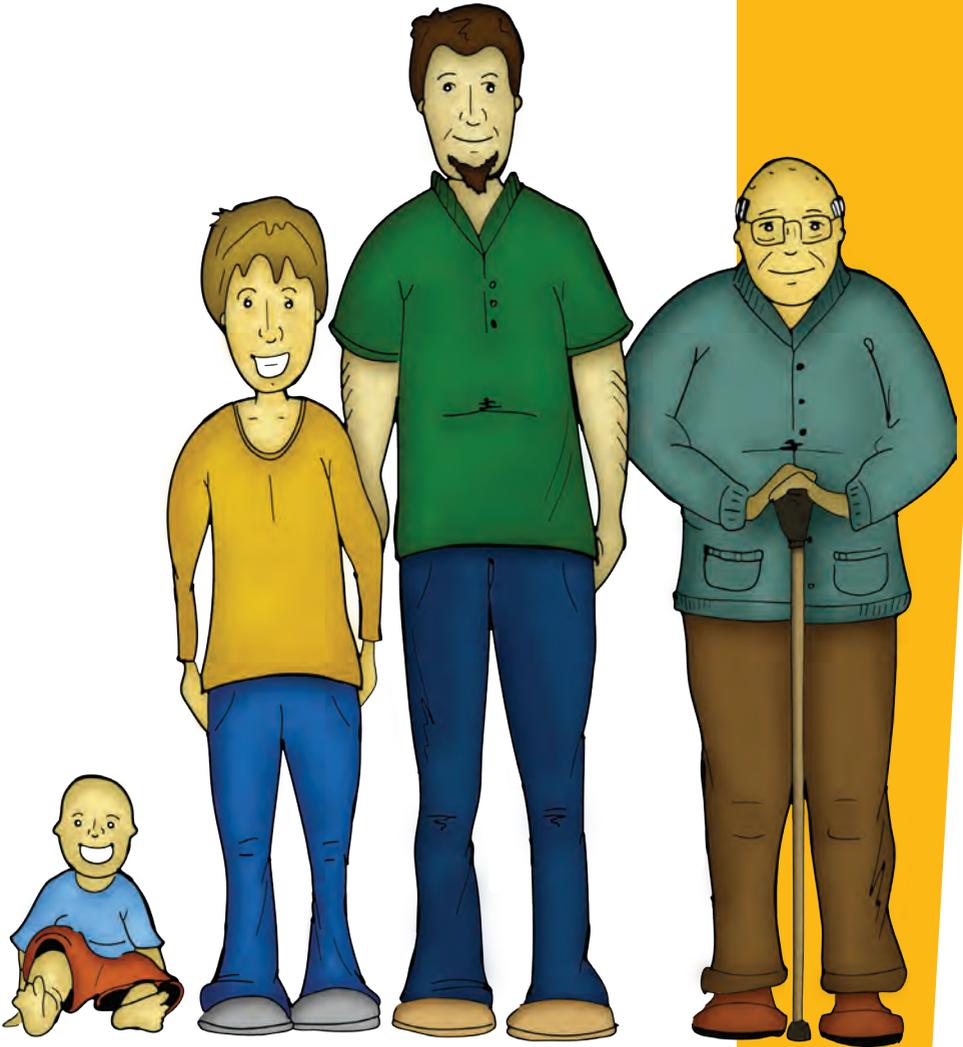
If Ana needs help or has questions she knows she can talk to her mum or aunty.

Who can you talk to?



Activity 'Helping Hand' – page 29.

Peter has noticed that his body is different from the other males in his family.



Circle the body that is most like yours.

Peter has noticed that his body is starting to change and so are his moods. His mother has told him that this is part of growing up. He is going through puberty and his body is changing from a boy's body into a young man's body.



Get more erections



Hair grows under arms



Eat more



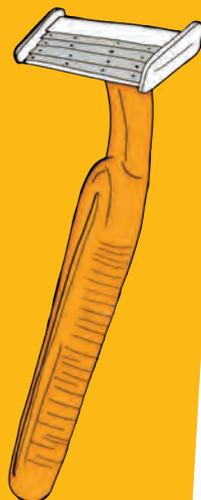
May get pimples



May start to have crushes

Because Peter is going through puberty and his body is changing he needs to take care of it. Peter needs to wash his body everyday, including his penis, and use deodorant under his arms.

Sometimes people may need help from a parent or caregiver to look after their body.

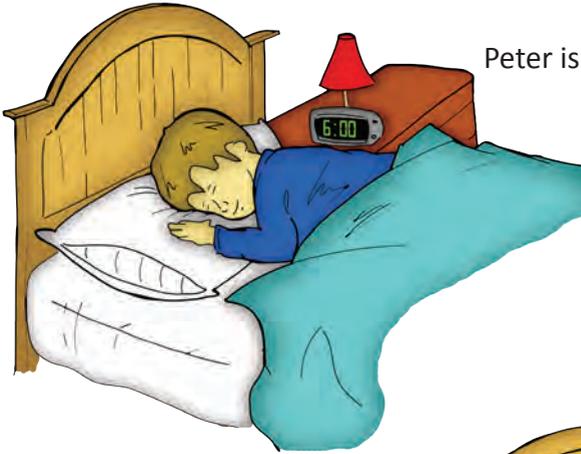


Peter has started to grow hair on his face and has decided that he wants to shave it off. Peter asks his dad to teach him how to shave. Peter could use a hand razor or an electric razor. Peter chooses to use an electric razor.



‘How to Shave sequencing activity’
– page 22 & 23.

Sometimes when Peter is asleep his penis became hard and a small amount of fluid comes out of it. This is called a wet dream. This means his body is working properly. The fluid has sperm in it which means one day he may be able to be a father.



Peter is asleep.

His penis becomes hard (erect).



A small amount of fluid (sperm) comes out of Peter's penis so he needs to change his pjamas.



Peter's mum told him that girls also have body and mood changes when they go through puberty.



Breasts develop



Sweat more



Hair grows under arms



May feel moody



May start to have crushes

Activity 'Boys/Girls/Both'
– page 24-28.

Peter's body belongs to him. Some parts of his body are private, this means they are just for him.

Peter covers the private parts of his body with underwear.

Draw/stick underwear on Peter's body to cover his private parts.



If someone touches our private parts without us saying they can, it is important that we tell an adult we trust. Who is an adult you could tell?

If Peter needs help or has questions he knows he can talk to his dad or grandad.

Who can you talk to?



Activity 'Helping Hand' – page 29.

ACTIVITY INSTRUCTIONS

ACTIVITY – *Which Body Looks Like Mine?*

Ask the young person to circle/mark the person's body that looks most like their body. Then ask them to circle all the people they think have gone through puberty. This is an opportunity to talk about the physical differences between people who have gone through puberty and those who haven't, e.g. taller, hair under arms, breasts, hair on the face etc.

ACTIVITY – *Public/Private Bodies.*

Ask the young person to cover up the private parts of the characters' bodies. This is also a good opportunity to talk about private and public places and what behaviours are appropriate in both. You can define a private place as somewhere that a person can shut the door and know that they will not be interrupted e.g. bedroom, bathroom or toilet. A public place can be defined as somewhere that anyone can be e.g. movies, park etc. If the young person you are working with needs help when using the bathroom or toilet it is important that this is discussed in relation to private places.

ACTIVITY

How to change a pad sequence and How to shave sequence.

Photocopy or cut out the images. Ask the young person to place the steps of shaving or changing a pad in order. This activity can be used to reinforce what to do in these situations.

ACTIVITY – *Boys, Girls, Both.*

Photocopy or cut out the cards. Place the heading cards down. Ask the young person to go through the changes cards and decide which heading card they go under.

The purpose of this activity is to identify the physical and emotional changes that take place during puberty and recognise that a majority of changes happen to both girls and boys. It is important to acknowledge that while some people find puberty an exciting time other people can find it scary or confusing. It helps to think of an adult that they trust to talk to if they have any of these feelings.

A full list of definitions of the pubertal changes is included in the inserted information section for parents/teachers/ caregivers.

This activity is adapted from Family Planning's *The Sexuality Road (2009)* resource.

ACTIVITY – *Helping Hand.*

This activity helps to create a list of people that the young person can talk to if they have questions or something has happened that they don't feel right about. This is an opportunity to talk to them about safety and reinforce that if someone touches or does something to them that they don't like it is not their fault and they need to tell someone. "NO GO TELL" can be a useful strategy to teach in relation to this.

No – be assertive. Go – go to a safe place. Tell – someone you trust and keep telling until you feel safe.

How to change a pad sequencing activity



Go to the bathroom and wash your hands.

Go into the toilet and shut the door, pull down underwear.

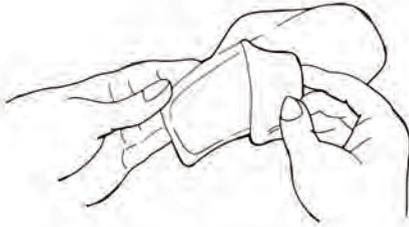


Pee or poo if you want to, remove the used pad from your underwear.





Wrap the used pad in toilet paper and place the used pad in the bin.



Take a clean pad from your bag, unwrap the pad from its wrapper and stick onto your underwear.

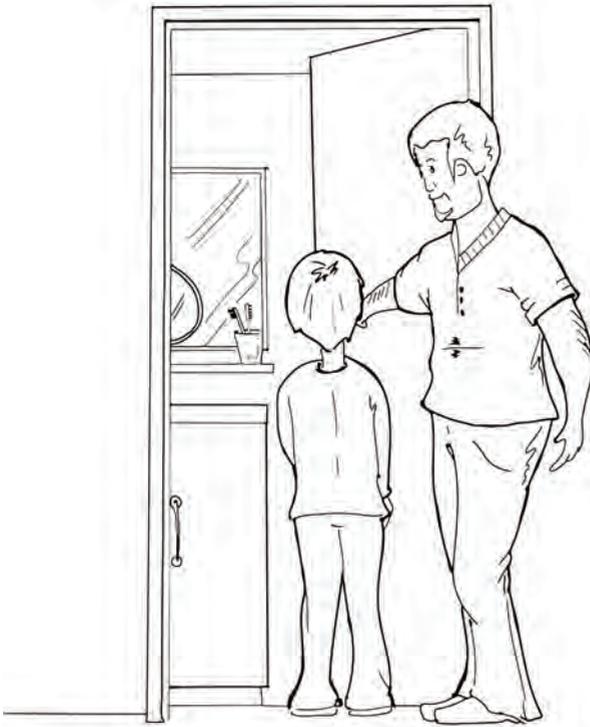


Wipe your private parts from front to back, and pull up your underwear.

Open the toilet door, go and wash your hands, leave the bathroom.



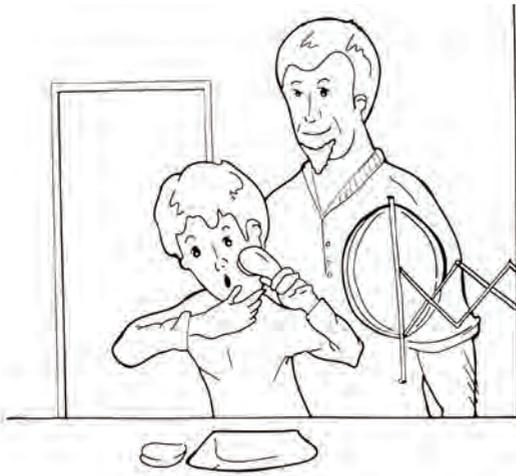
How to shave sequencing activity



Ask an adult to help you shave. Go to the bathroom.

Wash and dry your face.





Turn on the razor and move it over your facial hair in a circular motion.



Clean the razor after you finish using it.

When you have finished shaving, use water to wash your face and then dry it. You may like to put on some aftershave to make your skin feel nice.



Boys/Girls/Both Cards



BREASTS DEVELOP



GET MORE ERECTIONS



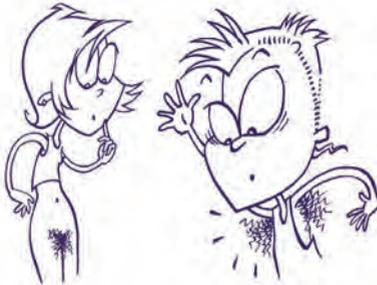
EAT MORE



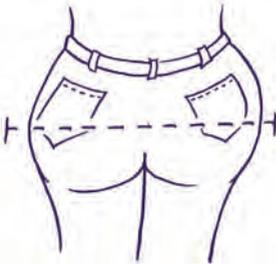
GET MORE HAIR ON FACE



EGGS ARE RELEASED



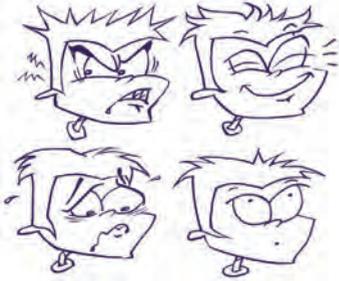
PUBIC HAIR GROWS
HAIR GROWS UNDER ARMS



HIPS GET WIDER



MAY START TO HAVE CRUSHES



MAY FEEL MOODY



START HAVING WET DREAMS



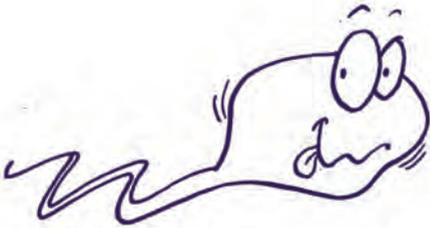
MAY GET PIMPLES



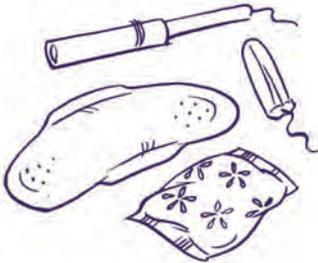
MAY HAVE QUESTIONS ABOUT
PUBERTY



MAY WANT TO SLEEP MORE



START MAKING SPERM



BEGIN HAVING PERIODS



MAY FEEL LIKE MASTURBATING
(TOUCHING SEXUAL BODY PARTS
FOR PLEASURE)



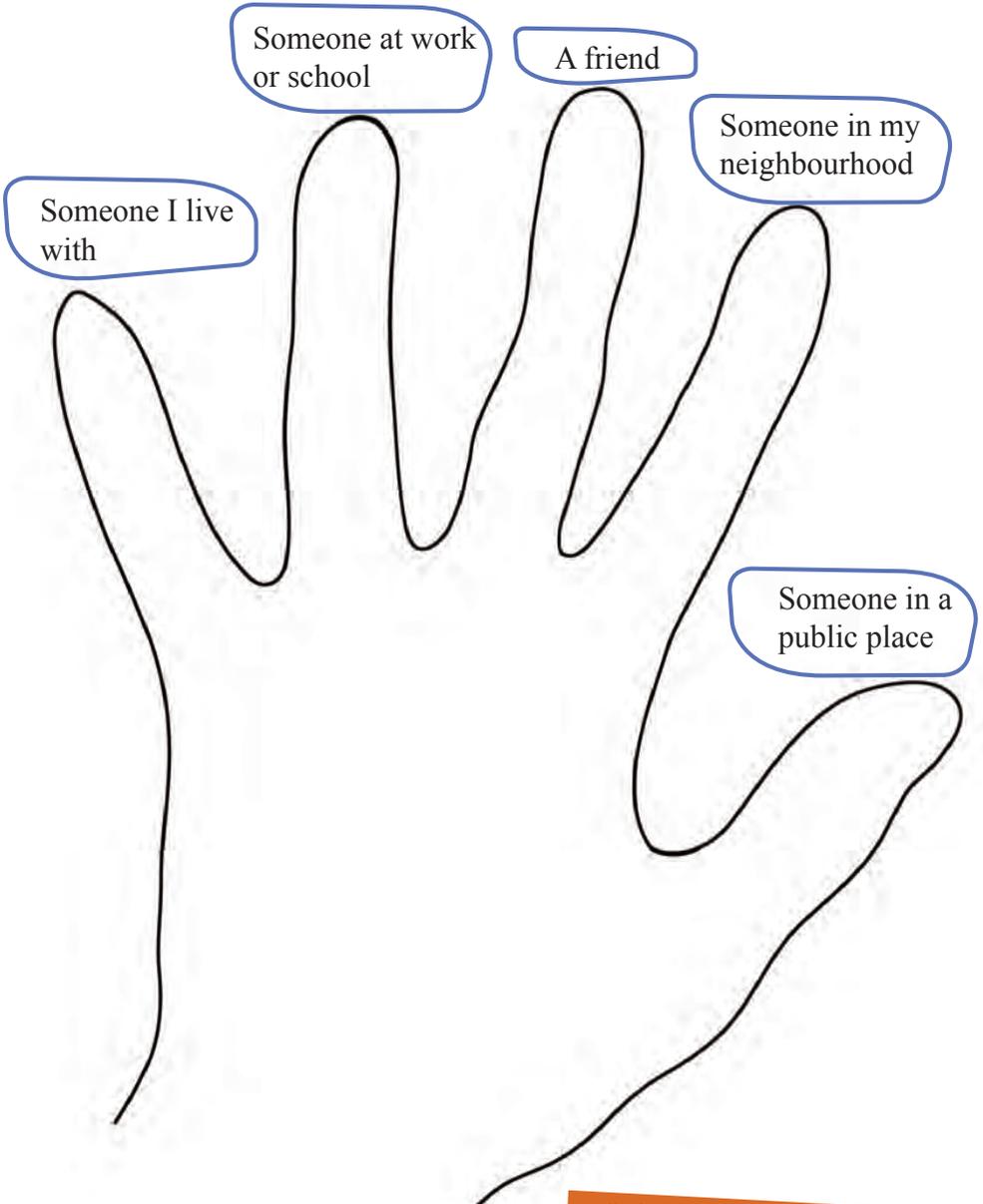
BOYS

GIRLS

BOTH

Helping Hand

Who can you go to if you need help or have questions?
Can you think of a person's name for each finger on the helping hand?



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