

Week One-What is Puberty and how can I manage it?	Week 2:How to Manage Periods
<p><u>Who experiences puberty?</u> Everyone experiences puberty. Young people, male and female, as they grow into adults will experience puberty. Though this can start at different times for each person.</p> <p><u>When do they experience puberty?</u> Puberty starts at different times for different people, and it starts when the body is ready. For girls this is usually between ages 8 and 13. For boys this is usually between ages 9 and 15. Puberty may continue into the early 20s.</p> <p><u>What is puberty?</u> Puberty is the process through which the body changes from that of a child to an adult. This change is caused by changing hormones, which are special chemicals in the body.</p>	<p><u>Tampons:</u> Small tubes of pressed cotton which are inserted into the vagina using an applicator or your fingers</p> <p><u>Period Pads:</u> Pads (sanitary towels) are liners for your pants that are made of materials which soak up blood as it flows out of the vagina.</p> <p><u>Menstrual cup:</u> Menstrual cups are flexible cups that are inserted into the vagina, where they collect period blood.</p> <p><u>Period Pants:</u> Period underwear consist of an absorbent material that holds one to two tampons' worth of flow, a moisture barrier to keep you comfortable, and a layer designed to prevent any leaks or staining.</p>
Week 3: What does it mean to be Body Smart?	Week 4: What is good sleep hygiene?
<p>Body image describes our idea of how our body looks and how we think it is perceived by others. This can include our thoughts and feelings about our height, weight, shape, skin, colour, and our appearance and attractiveness more broadly. Advertising and photoshopping images of models may affect how Some people might think</p> <p><u>What pressures can advertising have on young people ?</u> Believing that to be successful young people have to look a particular way. For example, you should have no spots, have a muscular physic, be tanned. How seeing the advert might make someone feel: This may cause feelings such as feeling dissatisfied, being anxious about there appearance and feeling depressed. It may lead to someone's well being suffering.</p> <p><u>For Support:</u> In school: Form Tutor, Head of Year, SLO, Safeguarding team or School Chaplain. Online: Brook, Childline, SPECTRUM or the NHS website</p>	<p>Teenagers need approximately 9 hours of sleep per night. Many are averaging approximately 7 hours.After puberty, the internal clock of an adolescent undergoes a biological shift of up to 2 hours later.The time that teenagers naturally wake up also shifts by up to 2 hours later.Teenagers will benefit from a regular sleep schedule.</p> <p>The time before bed (at least 60 minutes) should allow for winding down and must avoid screen use (e.g. TV, phones, tablets etc.). Teenagers should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets.</p> <p><u>Sleep benefits-</u> Can improve long and short term memory. Helps skin looks clearer. It increases academic performance. Reduces stress . Supports healthy brain development and growth. Can improve mood and feeling more upbeat. Makes it easier to stay focused and pay attention .</p>
Week 4: What is good dental hygiene?	Week 6: FGM
<p><u>Positive choices for dental health</u> Reducing one's sugar intake, reduces the risk of tooth decay. Having regular check ups —NHS check-up is free for the under 19's and would lower the risk of dental issues further down the line. Maintain good oral hygiene routines.</p> <p><u>Negative choices of dental hyenine / health</u> Consumption of sugar will increase his risk of tooth decay. Consuming to many foods that cause staining such as coffee. smoking. Incorrect brushing can lead to a build up of bacteria and tooth decay and possible tooth loss</p>	<p><u>Health risks of FGM</u> Loss of blood Pain or shock Difficulties in passing urine Difficulties during menstruation Possible infections Increased risk in HIV Problems during sex an complications in pregnancy</p> <p><u>The law</u> Practising FGM in the UK is a criminal act. It is illegal to support or help, support or arrange for FGM to be performed on a girl in this country but also illegal to bring a girl to another country outside the uk to have FGM carried out. The offence can result in 14 years prison or fine or both</p>