

# Positive Puberty©/ 'Cycle Smarter©'



## Implementation:

The teaching material & media utilised is varied, relevant and constantly updated, including:

- PowerPoint (with pictures drawn by NZ artist with some Te Reo Maori throughout)
- Interactive group activities via team competition: games, quiz, bingo etc
- Worksheets
- Discussion, analysis & critical thinking
- Media clips / Cartoon clips
- Question & Answer sessions (Anonymous question box)
- Show and tell: menstrual products: Sample bags with products or vouchers
- Parents/Whanau Info Evening (optional)
- Parent & Teacher access to puberty / body image / sexuality resources / follow on activities and book recommendations via website

[For Teachers: Access to Lesson Plans and Health Curriculum links / strands covered.](#) You can download the latest MoE RSE curriculum Yr 1-8 from our website and we are happy to put you in touch with your local Curriculum Lead if requested.

The day is divided into 2 sections: ~90 mins covering puberty in general delivered to all, followed by more specific info on menstruation and products for ~60 mins for girls. All delivered via interactive activities



The Parents/Whanau Info Evn includes all aspects of what is included in the Programme, some anatomy and physiology 101 memory joggers, an outline of normal growth and development expected at puberty, display & discussion about all available menstrual products (incl. recyclable, washable, organic and supermarket items) along with an overview of the NZ sexuality guidelines. Included throughout are tween parenting tips! It lasts about 60 mins. Our feedback indicates some schools attract a larger audience if run via Zoom.

Positive Puberty© & Cycle Smarter© covers basic **puberty & menstrual education**. Please ask us for information on our other programmes and their content or let us know your specific needs and we will tailor a programme for your school.

Nest is trusted as a safe, culturally aware and inclusive provider, mindful of the Te Tiriti o Waitangi and relevant to all. We also work in a variety of schools, previously know as: decile 1a - 10 & private in addition to schools of special character.

## Content

### Positive Puberty©

- Changes are normal in body & mind. Physical, social & emotional.
- Changes happen at different times for different people.
- Understanding glands. Naming hormones and changes.
- Particular changes in the female anatomy.
- How to manage changes.
- Personal Hygiene, Nutrition, Hydration, Exercise, Sleep.
- Body acceptance.
- Greater responsibility. Building trust. Emotional Intelligence.
- Safe choices for handling changing emotions/feelings.
- Techniques for good decision making. Critical thinking skills.
- Self Esteem. Individuality. Body Wonderment.
- Accurate information. Correct words for parts of the body.
- Where to go for answers to questions and or fears: People you trust and have the knowledge. Resources.
- An opportunity for questions (we encourage the use of a sealed question box).

### Cycle Smarter©:

- Simple diagrams of anatomy. Age-appropriate information about the biology of changes occurring at puberty in the female body's reproductive region (reproductive cell(s) & menstruation)
- Look at disposable & washable pads, period undies, cups & tampons (including environmental options). School policy for receiving and disposing.

**\*\*please note: this is the standardised programme and depending on your requirements and your community consultation outcomes we are very happy and able to include/exclude and tailor content for your school\*\*.**

