



Name:

Moving Into The Teen Years

A program for Year 6 students



 **interrelate**[®]
relationship experts since 1926

An initiative of Interrelate

Each year, through its flexible programs, Interrelate helps more than 135,000 individuals, couples, families, children, schools and communities to strengthen their relationships.

Moving Into The Teen Years (Year 6) has been developed to assist young people with their relationships with themselves, their family, their friends and their world.

Interrelate has published several books on topics that will also help support young people through life's transitions and challenges, such as puberty, sexuality and bullying.

For more information, please call 1300 473 528 or visit www.interrelate.org.au

MOVING INTO THE TEEN YEARS

Welcome to our program!

During our sessions, you will find out lots of interesting and useful things about the changes that happen as you move into the teen years. This booklet is yours to use and keep.

It has:

- **Activities to work on and information for you to read and share with your family**
- **Some of the information is for you now and in the future**

Our program has parts that are just like the journey through the teen years – challenging, exciting, scary, funny, embarrassing, wonderful and FUN!

I'm looking forward to our sessions and helping you to find out more about yourself.

Your Interrelate Educator



BEING ME



Hair colour

Mine: _____

A match: _____

Best talent

Mine: _____

A match: _____



Favourite food

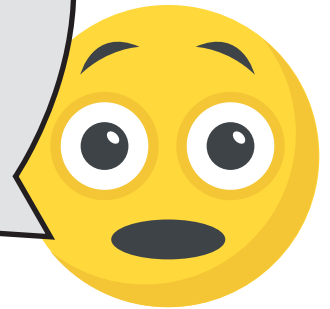
Mine: _____

A match: _____

Favourite band/singer

Mine: _____

A match: _____



Favourite sport/activity

Mine: _____

A match: _____



Date of birth

Mine: _____

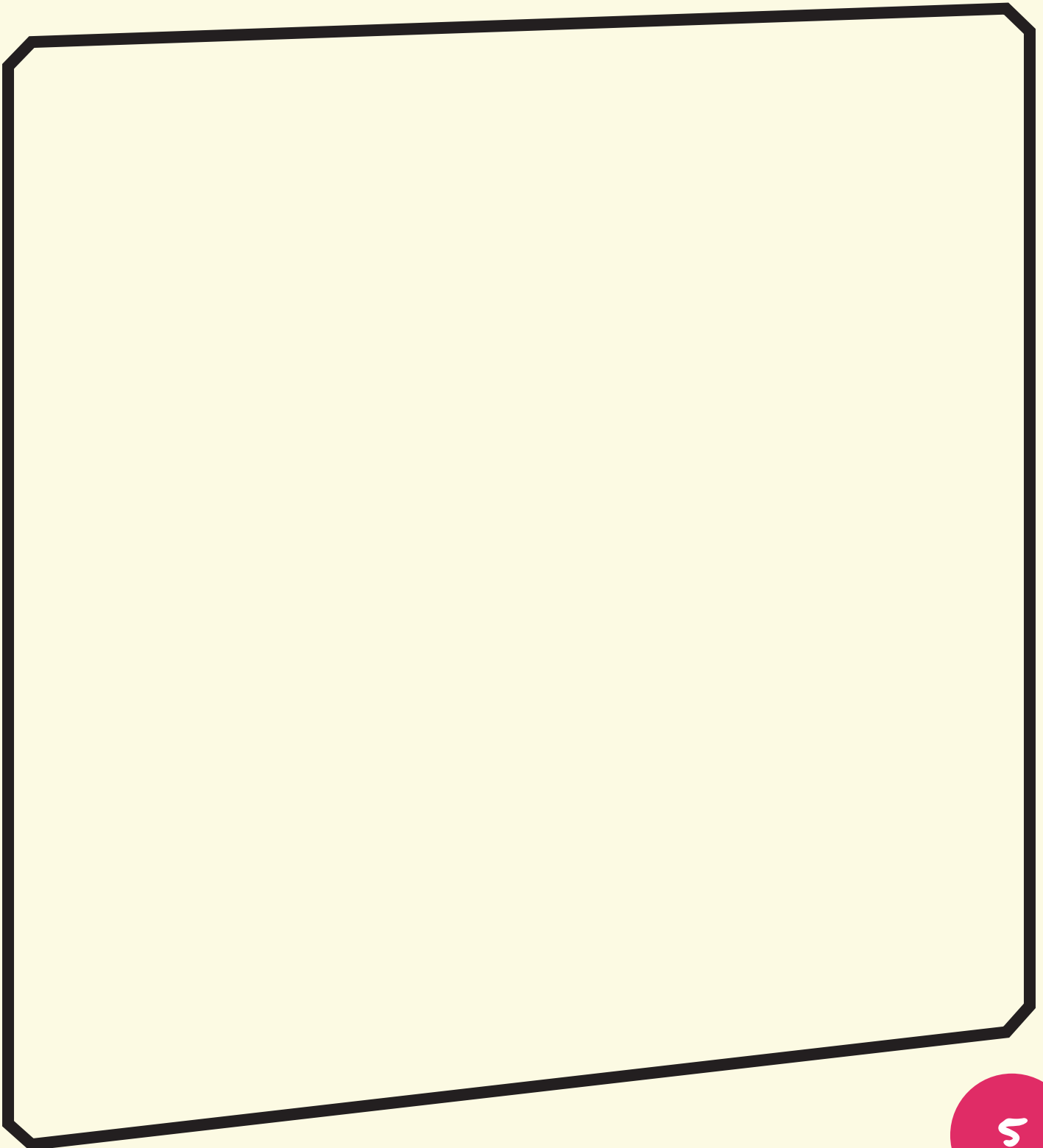
A match: _____



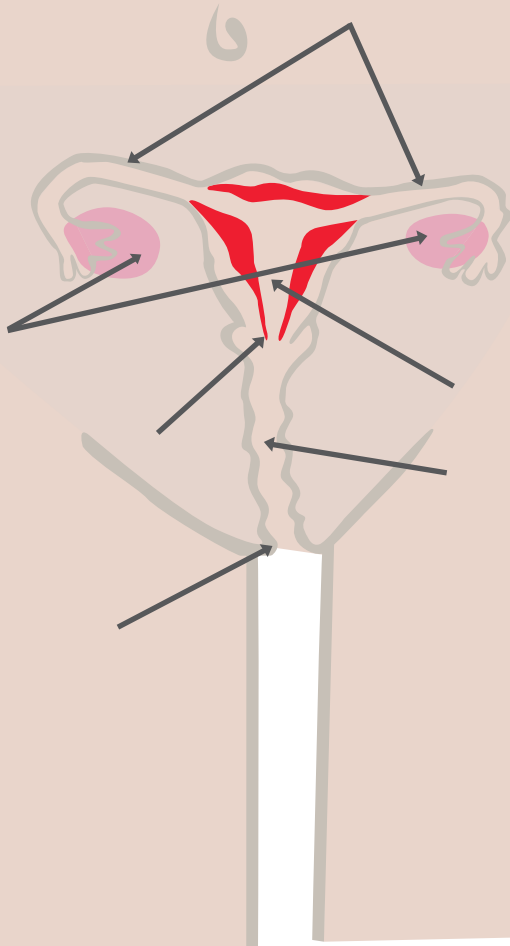
MY PAGE ABOUT ME

You are wonderful, special and unique.

Type into this page words that describe you. You can include words that describe things you enjoy, that are important to you, activities you do, places you like or anything else you would like to include.



FEMALES



Label the diagram using these terms

- Vagina
- Cervix
- Ovaries
- Fallopian tube
- Vulva
- Uterus

Use these terms to fill in the gaps

Menstruation

Vagina

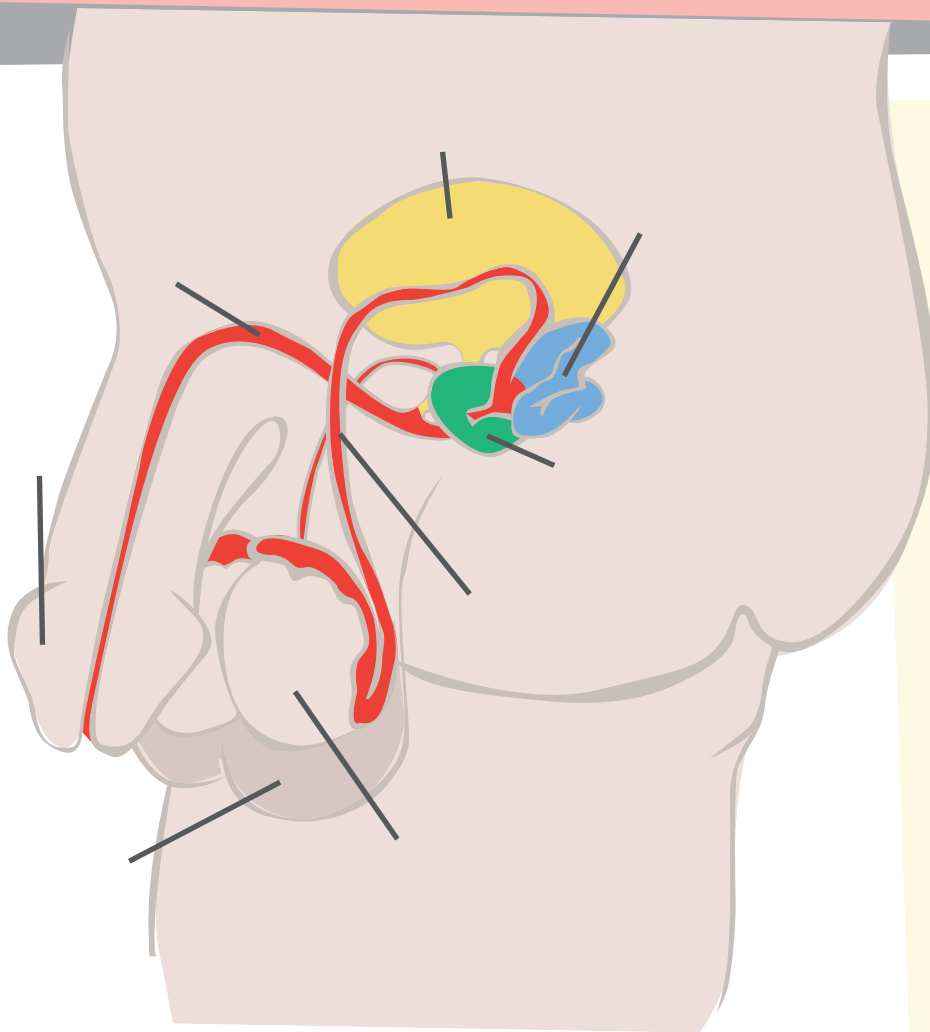
Ovulation

Uterus

Period

1. When an ovum (egg) is released from the ovary, it's called _____.
2. In the days before ovulation, the lining of the _____ thickens with blood and nutrients to nourish a fertilised ovum.
3. If the ovum is not fertilised, the lining is not needed, so it breaks away and passes out of the body through the _____. This process is called a _____ or _____.

MALES



Label the diagram using these terms

- Testicle
- Prostate gland
- Urethra
- Vas deferens (sperm tube)
- Penis
- Scrotum
- Seminal vesicles
- Bladder

Use these terms to fill in the gaps

Prostate gland

Urethra

Urine

Sperm

Testicles

Seminal vesicles

Scrotum

1. Sperm is made in the _____.
2. Seminal fluid is made in the _____ and in the _____.
3. The testicles hang outside the body in the bag of skin called the _____.
4. The _____ is a tube leading out of the penis. It carries both _____ and _____, but never at the same time.

MESSAGE TO FAMILIES

Hi parents and carers,

Thank you for including your child in Interrelate's Moving Into The Teens Years program. Our program began today and we have been discussing how special the students are and how it's important they feel good about themselves.

The students will be finding out plenty more over the coming weeks, and we encourage you to set aside some time each week the program runs to talk together about what they are learning. Topics we will cover include:

- **Changes during puberty**
- **Choices and consequences**
- **Taking responsibility**
- **Reproduction**
- **Health and hygiene**
- **Keeping safe**
- **Support networks**

This booklet has activities for students to complete along the way, and there's also some for you to do together. The first of these is on the next page, continuing on the topic of feeling good about yourself.



Could you please complete this with the student before next week's Interrelate session?

Thank you,

Your Interrelate Educator

MY STRENGTHS

Please choose as many words/statements from the list below that you think describe the student's strengths.

- **Talk about them together.**
- **Write about two of them below, explaining why you chose them.**

Bank of strengths

Tick at least six

Strong	Good fun	Loving	Helps others
Perseveres	Interesting	Trustworthy	Bounces back
Neat and tidy	Happy	Loyal	Works hard
A good friend	Fair	Forgiving	Sensible
Creative	Does things	Looks after	Good-mannered
Energetic	independently	things	Careful
Reliable	Patient	Confident	Brave
	Positive	Shares	

Please choose two strengths from the list above, or your own, and briefly explain the reasons for your choices.

_____ is/can _____
(Student's name)
because _____

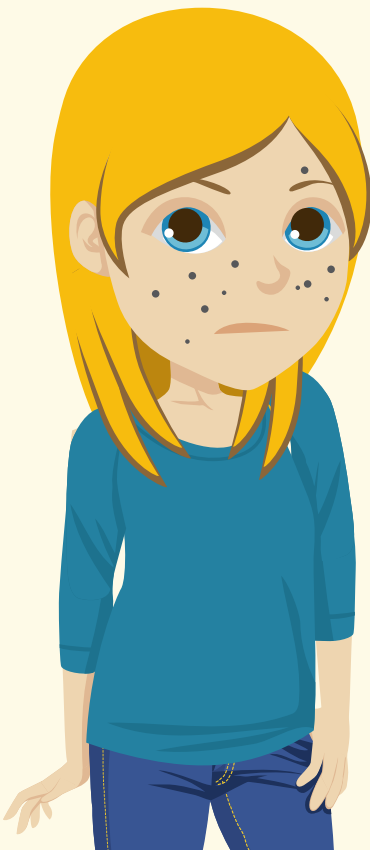
_____ is/can _____
(Student's name)
because _____

THE SPOTTY PAGE

Zits are the pits, but they're also a very common part of growing up. About 80% of teenagers will have pimples at some stage as they go through puberty. That means when you're at home looking in the mirror at the red spot on your face, lots of your friends are at their homes doing exactly the same thing.

Skin has glands that make the oil it needs to stay healthy. During puberty, the hormones the body produces can make these glands over-active, leading them to produce more oil. This can block the pores in the skin and lead to blackheads, whiteheads and pimples.

How to help pimples



- It's best not to squeeze them, pop them or pick them. That's because the infection below the surface can easily spread to other parts of your face, or you could end up with scabs and scars.
- Wash morning and night with a mild soap or cleanser and warm water.
- Over-the-counter products can help, but if your pimples really start to bother you, talk to your trusted adults or health-care professional.

While it's not true that too much chocolate or fatty foods cause pimples, it's always best to have a healthy, balanced diet. This is especially important during puberty, when your body has lots of growing to do.

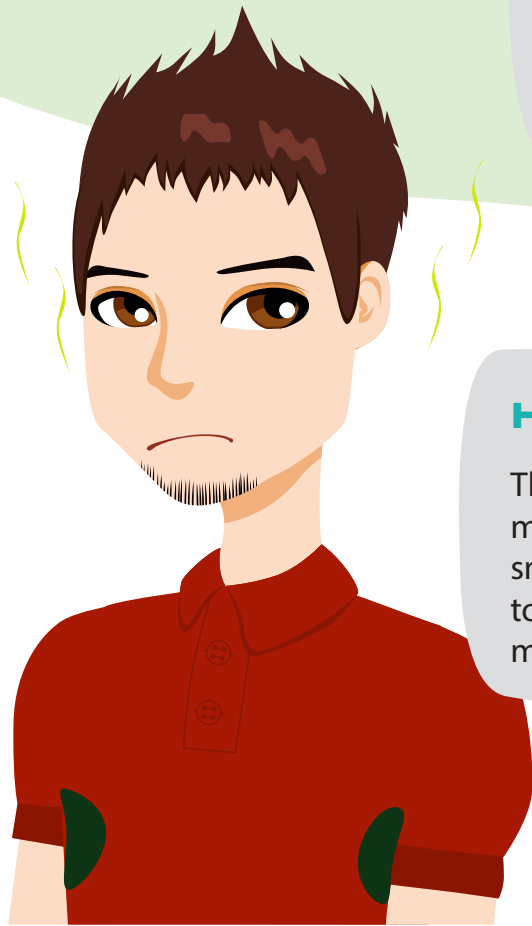
THE SMELLY PAGE

Just as the oil glands start to become more active during puberty, so do the sweat glands. It's natural and healthy to sweat because it cools the body down, but it can lead to body odour. This means you may need to start paying more attention to personal hygiene.

That's part of growing up – becoming responsible for looking after yourself.

Keep your body clean by taking a shower or bath every day.

This helps to keep you feeling fresh, as it washes away dirt, sweat and germs from your skin. You also need to change your clothes regularly – make sure you wear clean undies and socks every day.



Hair will often get oilier too.

This means it may need to be washed more frequently. Clean hair looks and smells nice and can help your skin too; oily or dirty hair on your skin can make pimples worse.



Many people like to begin using deodorants, body sprays or anti-perspirants.

They can help you feel fresher and smell nice too. If you would like to try one, it's a good idea to start with one that doesn't have too strong a smell. Strong-smelling deodorants and body sprays contain chemicals that may cause allergic reactions.

GIRL STUFF



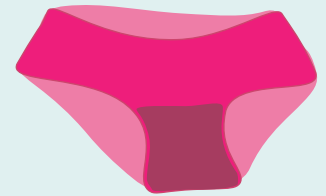
Boys, you should read this section too to have a better understanding.

It's common to wonder about the changes that are happening to your body during puberty. There is a lot going on, and sometimes you may feel awkward talking or asking questions about it. It also means lots of new sensations.

During puberty, ovaries will begin to produce oestrogen and progesterone (the female sex hormones). This starts to transform girls into women.

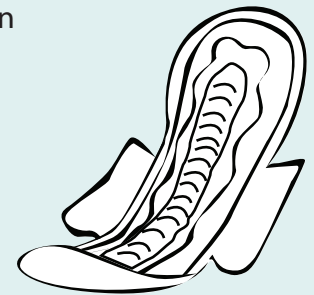
Breasts and bras

Breasts begin to grow early in puberty. New glands develop to produce milk when a woman has a baby. Breasts are delicate and sensitive, so most girls feel more comfortable wearing a bra or crop top for support and privacy.



Sanitary protection – what's right for me?

It is healthy and natural to have periods. Girls and women have choices about how to protect their clothes and be comfortable when they have their period. The most common are:



- **A pad (used outside the body)**
- **A tampon (used inside the body)**

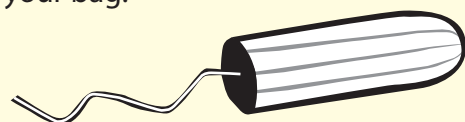
These are used once only and then thrown away. There are similar options that can be washed and used again.

Many girls find it easier to use pads to begin with and choose to try tampons later on. The main advantage of tampons over pads is that they can be worn when swimming. It's good to talk to a trusted adult for more information.



Important things to remember:

- **Change your pad or tampon regularly – every three to four hours is a good option.**
- **Always wash your hands before and after changing a pad or tampon.**
- **It's best not to use a tampon overnight – a pad is better for sleeping.**
- **Never flush pads or tampons down the toilet.**
Use the special bins in public toilets. At home, wrap them in toilet paper, tissues or something similar, then put them in the bin.
- **Periods usually come at the same time each month, but they can come almost any time.**
It's a good idea to always carry some spare pads in your bag.



BOY STUFF



Girls, you should read this section too to have a better understanding.

It's common to wonder about the changes that are happening to your body during puberty. There is a lot going on, and sometimes you may feel awkward talking or asking questions about it.

During puberty, testicles begin to produce testosterone (the male sex hormone). This starts to transform boys into men.

Changes are:

- **Penis, scrotum and testicles grow.**
- **Face and chest hair.**
- **Deeper voice.**
- **Grow taller and heavier, and muscles develop.**
- **Sperm starts being produced.**

It also means lots of new sensations – you may start to have more erections and wet dreams, and you'll notice changes in your moods.

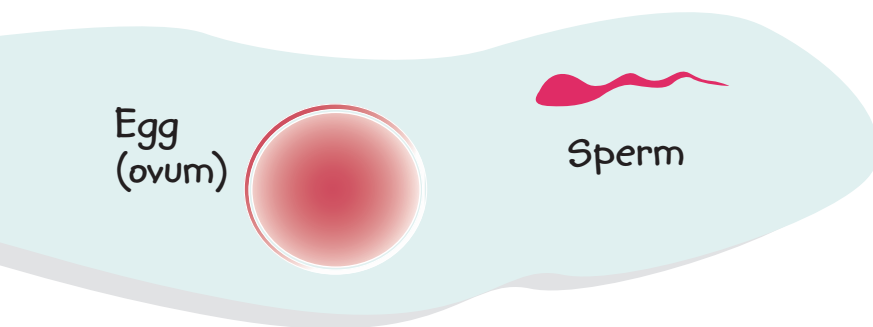
A wet dream only happens at night – it is the body's way of getting rid of excess sperm. The small amount of liquid released easily washes out of clothing. Wet dreams are natural and healthy. Some boys have lots of wet dreams, some only a few, and some don't have any at all.

Boys' and men's bodies come in all different shapes and sizes. During puberty, boys will grow at different rates, and so will their penis and testicles. Some penises are circumcised, which means the foreskin has been removed, some are not. It's important to keep the whole body clean, including the genitals.

Keeping all of these experiences to yourself can make you feel isolated or lonely, so it's good to talk about the things that are happening with someone you trust. You could talk to your dad, mum, older brother or another trusted adult.

WHERE DID I COME FROM?

All human babies start when a **sperm** (the male sex cell) fertilises an **ovum** or **egg** (the female sex cell). This is called **conception** and often happens naturally inside a woman's fallopian tubes. A baby usually takes about 40 weeks to develop inside the uterus, until it is ready to be born. It starts off about the size of the full stop at the end of this sentence, but at birth the average baby is 50cm long and weighs about 3.5kg.



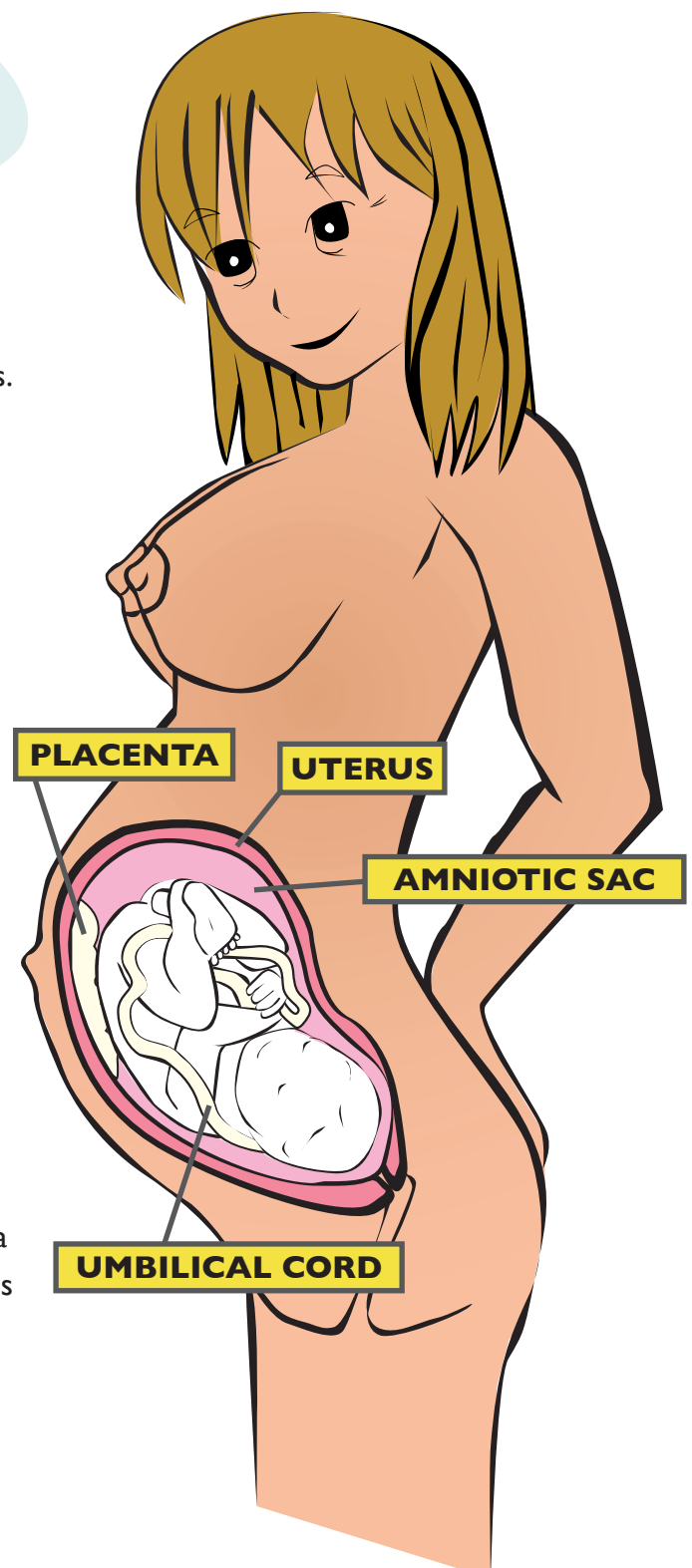
Lots of changes happen to a woman and a baby as it grows.

Early in the pregnancy The baby's organs develop. The baby gets oxygen and nourishment from the woman across the placenta and through the umbilical cord. Wastes are filtered the same way.

Four months The baby can suck its thumb and the woman can feel the baby move inside her.

Seven months The baby is closer to being born and the woman's breasts get ready to produce milk.

Birth Also known as labour, birth is different for every woman. Most babies are born after being pushed head first out of the woman's body, through her vagina. Some babies come out bottom first or feet first – these are called breech babies. Sometimes women have a special operation called a caesarean section to give birth, where a cut is made on the woman's abdomen through her muscles and into her uterus so the baby can be lifted out.



RESPECT

How would you feel if everybody showed respect to each other all the time?

What can you do in your relationships to show respect...

1. ...to yourself? _____

2. ...to others? _____

How can others show respect to you?

MESSAGE TO FAMILIES

Hi parents and carers,

The current topic for our Moving Into The Teen Years session is birth. Could you please help the student by filling in the blanks below?

If the student joined your family after birth, please fill in as much as possible and particularly include information about the special time when they became part of your family, such as the preparation or celebrations that occurred.

Becoming part of my family

Date I came into my family: _____ My birth weight (g): _____

People who were there the day I arrived: _____

My family knew I was coming because: _____

It took _____ hours for me to arrive.

If known, tick the ones that match.

I was born by: vaginal delivery caesarean section

I was born: head first feet first bottom first

I was: breastfed bottle-fed both

When I arrived, I was: crying wrinkly red slippery beautiful quiet
 wet hairy like mum like dad nervous happy

Is there anything else that you would like to write about the special way you became part of your family?

CHOICES AND CONSEQUENCES

Lots of people look forward to having more freedom as teenagers. This may include new experiences, such as going out with friends to the park, shops or movies without adults, or having access to new technology. It also involves having more freedom to make choices about what to do in new situations.

Your choice may be different from what your friends or others choose to do.

Before you make a choice, it is important to think about what might happen later (the consequences of your choice). To get a clearer picture, ask yourself these questions:

- 1. Is it a good idea?**
- 2. Is it safe and legal?**
- 3. Would your loved ones want you to do it?**

If you answered 'no' to any of these questions, stop and think about your decision, and look for a better, safer choice.

Sometimes friends can influence your choices in a positive way, such as encouraging you to stand up for what you think is right. Sometimes, however, friends may try to talk you in to doing things that you don't feel are right for you. It can be difficult to handle peer pressure.



When I feel pressured to do something I don't want to do, I could...

Remember that what you choose to do may affect how you feel, and other big consequences could follow.

Think before you act.

STAYING SAFE

People

Friendships
Dating
Peer pressure
Parties
Unsafe places

Sexual activity

Kissing
Sexual intercourse
Pregnancy
STIs

Online Safety

Social networking
Online gaming
Mobile phones
Laptops / tablets
Emails

Health

Nutrition & diet
Exercise
Hygiene
Alcohol & drugs

**Stop and think about the consequences
for you, your family, your friends and others.**

HIGH SCHOOL

Show you can be trusted
with more freedom by being
mature and responsible

Get enough sleep
(screens off an hour before bed)

Exercise regularly

Concentrate on your
good points

Eat Healthily

Ask for help

Keep yourself clean
and fresh

Talk to someone about
your feelings



HIGH SCHOOL

What do you think High School will be like?

What will you miss most about primary school?

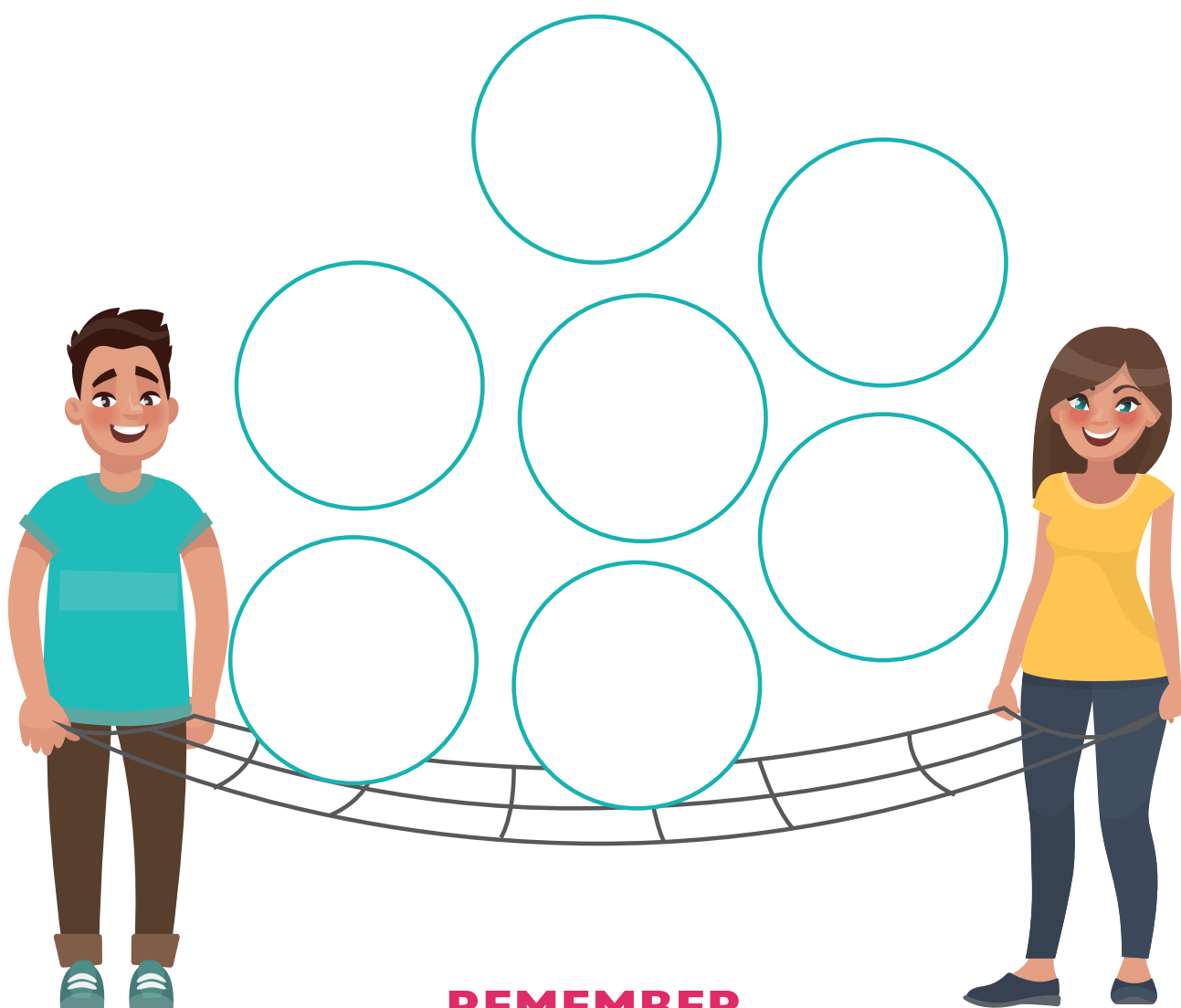
What are you worried about?

MY SAFETY NET

We all need help sometimes. It might be for a situation you're not sure how to handle, a question you're struggling with, or maybe you just need someone to talk to. It's always OK to ask for help, even though it might seem hard at times.

Who are the people you can turn to for information and support?

Write their names in the safety net.



REMEMBER

Nothing is so bad that you can't talk to someone about it. There's always someone who will listen.

KIDS HELPLINE 1800 55 1800
www.kidshelpline.com.au

MITTY Year 6

