

PUBERTY  
TOOLKIT

*Your DIY Instructions*

From little things, big things grow



*Ballarat, Victoria*

# Puberty Provider Network



# PUBERTY TOOLKIT



# Program Outline

**Pre-session:** Hygiene, change and individuality

**Session 1:** Introduction & Reproductive Systems

**Session 2:** Puberty (Physical changes)

**Session 3:** Puberty (Emotional changes)

**Session 4:** Puberty (Social changes)

**Post-session:** Keeping safe, decision making and consequences



# Curriculum Links

## *VELS Interpersonal Development: Building Social Relationships*

- 3.25 Awareness of another's feelings through observation, discussion and thoughtfulness
- 3.5 Awareness of perspectives of others (walking in their shoes); for example, through story telling

## *VELS Health and Physical Education: Health Knowledge and Promotion*

- 3.25 Identification of puberty as a life stage
- 3.5 Identification of physical, emotional and/or social changes that occur during puberty
- 3.75 Identification of the main physical, emotional and social changes that occur during puberty

## *VELS Health and Physical Education: Health Knowledge and Promotion*

- 3.25 Understanding of the right to feel safe
- 3.5 Identification and discussion of possible actions they can take if they feel unsafe at home, school and/or in the community
- 3.75 Identification of a range of health services, products and/or information, and consideration of the factors that may impact on their use

# Autograph Hunt

## *Three rules...*

1. You can only write your name down once
2. You can only write another person's name down once
3. You must ask permission before writing down someone's name

# Puberty Bag of Tricks

**How does each item relate to  
puberty or growing up?**



There are no wrong answers ... just the occasional sideways conversation!

# Puberty Songs

## Female Reproductive System Song

(Bones song)

## Male Reproductive System Song

*(Heads, Shoulders, Knees and Toes)*



# Contact details



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