

# Pregnancy and birth

## Learning objective

Through research, students develop an understanding of the physical, emotional and social changes that occur as a result of pregnancy and birth. Students create a poster or movie to demonstrate their understanding.

## Take Home Messages

- Sexual activity can result in conception, pregnancy and the birth of a baby.
- Conception occurs when a sperm fertilises an ovum.
- Healthy and unhealthy behaviours can affect the growth of an unborn baby.
- Conception, pregnancy and birth require a level of social and emotional readiness for all people involved.

Note: Revise the learning activities - [Reproductive systems](#) (Year 5) and [Menstruation and conception](#) (Year 7).

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## Materials

- Items to represent the size of a foetus as it develops - salt, pea, kidney bean, lime, avocado, rockmelon, 30cm ruler, pillow (approx. 55cm for last trimester)
- Teaching Resource: Stages of pregnancy
- Teaching Resource: Pregnancy card sort [one set per group]

## Before You Get Started

- It is important that the social and emotional readiness of pregnancy and birth is discussed throughout this activity. Students require the understanding that being pregnant and having a baby is a major life transition and can impact significantly on a person's existing lifestyle

(physically, socially and emotionally).

- This activity is concerned with conception through sexual intercourse but it's important to inform students that there are families where other methods such as in-vitro fertilisation (IVF) are better and more appropriate. It is also important to recognise that there are families where the young person is adopted or fostered and/or where the parents are of the same sex.
- The topic of pregnancy and birth may be an exciting and interesting topic for some, but be mindful that some students may feel embarrassed, uncomfortable or worried about how their bodies may change. Increase the comfort of students through introducing this topic with excitement and fun. Providing popcorn (or something similar) for students to share can reduce their anxiety levels.
- Students may have questions that they feel uncomfortable to ask. Providing a [question box](#) for students to place their questions in anonymously will ensure their questions are answered in a safe environment.
- The WA Department of Health has developed a free resource for parents: [Talk Soon. Talk Often. A Guide for Parents Talking to their Kids About Sex](#). It is recommended that teachers communicate to parents and explain the topics that will be covered such as healthy relationships, puberty, hygiene, emotions, resilience, etc. and that you are not teaching their child to have 'sex'.
- Puberty kits: The use of a puberty kit can be a useful tool in the classroom. Check with your school's public health nurse to see if there are any kits readily available or that can be made up to use.
- If you are using an educational video, students can often be distracted if the videos are obviously out of date, as evidenced by the clothes, hairstyles and quality of the video, although this could be used to add humour to the experience. Ensure that any multimedia used is current, relevant, appropriate and sufficient time is allocated for a discussion afterwards.
- Many teachers ask the question of whether or not they should separate the boys and the girls for such classes. Research shows that there is no significant difference for either strategy. You may choose to separate your class by gender, keep them all together or mix strategies by separating your class for certain activities. If you do choose to separate the sexes, ensure that both groups receive the same information. It is just as important for students to learn about their changing bodies as it is for them to learn what the other sex is going through in order to promote compassion. Remember when making this decision that all students need to overcome any potential discomfort in order to be able to effectively communicate sexual matters in relationships when they are older.
- Provide students with a copy of the booklet [Girls and Boys in Puberty](#) to take home and read.
- Refer to the Guide: [Pregnancy and young people](#) for further content information related to this activity.

## Learning Activities

### Whole Class

This activity provides a practical and visual learning opportunity for students to develop an understanding of foetal development. It provides the foundation for later discussion regarding the importance of maintaining a healthy baby prior to and after birth, and subsequently the social and emotional impact pregnancy and birth can have on a person.

1. Revise the learning activities [Reproductive systems](#) (Year 5) and [Menstruation and conception](#) (Year 7). Use the Background Notes on [Pregnancy and birth: A brief overview of biology and physiology](#) to review the process of conception.
2. Using the [KWL](#) template, ask students to complete the first two columns on their own: What they Know and what they Want to know about pregnancy and birth.
3. Show students the items that represent the size of the foetus as it develops (listed in materials) without explaining the reason why you are showing them.

- Ask students to suggest reasons that the objects have been shown.
  - Show students the Teaching Resource: Stages of pregnancy (projected on a screen and/or handouts).
  - Go through each image and relate each stage back to a relevant object (e.g. at 4 weeks a foetus is the size of a grain of salt). Emphasise that even though the foetus is small, vital changes are happening. The foetus is vulnerable to alcohol and other drugs even during the first weeks.
4. In pairs or small groups, students sort Teaching Resource: Pregnancy card sort into 2 groups:
    1. Increases chances of having a healthy baby; and
    2. Decreases chances of having a healthy baby.
  5. When complete, clarify any misunderstandings (e.g. What is folate? Why should some raw foods be avoided?)

#### Independent or Small Group

This activity provides students with the opportunity to extend their understanding of the biological aspect of pregnancy and birth to explore the social and emotional impacts on a person's life.

1. Students research the social and emotional impact of being pregnant and having a baby, e.g. may have to give up study/work, loneliness while caring for the baby at home, feeling worried about looking after a baby. Ensure the students have a clear understanding of the concepts social and emotional first.
2. Students create a poster, PowerPoint or iMovie that highlights the social and emotional impacts of being pregnant and giving birth to a baby. The project could be titled 'Strengths, skills and support I would need to be a parent'.

### 3-2-1 Reflection

1. Students present their poster, PowerPoint or iMovie to the rest of the class.
2. Students complete the 'what I have Learnt' component of their KWL chart.
3. Highlight that being pregnant and having a baby is a lifelong commitment and requires a lifestyle change for all people involved.

## What's OK and what's not OK

### Learning objective

Students deepen their understanding of 'what's OK' and what's 'not OK' in friendships/romantic relationships and find examples in the film 'Tagged'.

### Take Home Messages

Everyone has the right to respectful relationships (online and offline) at all times.

There are things we can do and places we can go for help if we are being treated disrespectfully.

### Materials

- [Student activity sheets](#):
  - Page 1 - Student activity sheet 1: What's OK and what's NOT OK - qualities cut out with at least one quality per student.
  - Page 2 - Student activity sheet 2: Tagged - What's OK and what's NOT OK (one per

- student or group)
  - Page 3 - Teacher answer sheet (page 3): Tagged - What's OK and what's not OK
- [Film: Tagged \(14 min 30 sec\)](#) (external link)

## Before You Get Started

- It is important to consider the range of parenting styles, family contexts and cultural backgrounds students may be influenced by and how this contribute to a students values.
- Trauma informed - it is vital recognise the prevalence of adverse childhood experiences and how trauma survivors may respond to our words and actions.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students form potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- Watch film: [Tagged \(14 min 30 sec\)](#) to determine if suitable for your students.
- Read background teaching note: [Respectful relationships](#)

## Learning Activities

Group agreement

Whole Class

Teaching tip: A group agreement must be established before any RSE program begins to ensure a safe learning environment. Read: [Essential information: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).

Matching pairs: What's OK and what's NOT OK

Whole Class

2. Give each student a card from [Student activity sheet 1: What's OK and what's NOT OK?](#)
3. Ask students to move to one side of the room if they think their card demonstrates behaviour that is OK/respectful and the other side of the room if it shows behaviour that is NOT OK/disrespectful.
4. Ask a volunteer with a card from the 'disrespectful' side to read out their card. The student who thinks their card shows the opposite, respectful behaviour reads their card out and they stand together. Repeat until all cards are matched.

Film: Tagged

Independent or Small Group

5. Give each student a copy of [Student activity sheet 2: Tagged - What's OK and what's not OK.](#)
6. Explain that the table on page 1 shows all the examples of OK and NOT OK behaviours that they have just matched and discussed.
7. Say,

"We are going to watch a film that is about some respectful and disrespectful behaviours. This film has

issues including relationships, online bullying and sexting.

As we watch the film, I would like you to look for examples of respectful and disrespectful behaviours and language and record them on page 2."

8. Display the focus question:

What examples of OK (respectful) and NOT OK (disrespectful) behaviour and language do you see in Tagged?

9. Watch [Tagged \(14 min\)](#).

10. Students record brief answers on page 2 of [Student activity sheet 2: Tagged - What's OK and what's not OK](#).

11. If time permits, watch in its entirety, and then go back and watch it again stopping at crucial points to discuss, make notes and help students identify different behaviours. Use [Teacher answer sheet: Tagged - What's OK and what's not OK](#).

Processing questions

12. Ask:

? Was it easy to recognise respectful and disrespectful behaviours in Tagged? How? Why?

Some may be easy to identify. Others may be difficult. Social norms and individual experiences affect how we determine if something is respectful or not.

? How do you think people being treated disrespectfully feel?

Angry, upset, sad, hurt, frustrated, numb, or they may not recognise that they are being disrespected.

? What could those people being treated disrespectfully do to stop the other person?

Tell them, "It upsets me when you say things like this." Walk away, ignore them, talk to someone (Friend/adult/Kids Helpline).

? Do you think it is easy to do something about being treated disrespectfully?

For many people, it can be very difficult as it requires a lot of confidence and self esteem to challenge disrespectful behaviours. Disrespectful behaviour may come from a friend, loved one, or an adult, and responding appropriately can be tricky.

### 3-2-1 Reflection

Background teacher note: [Health promoting schools framework](#).

Partnerships with parents

- [Talk Soon. Talk Often: a guide for parents talking to their kids about sex](#) is a free hardcopy resource that can be bulk ordered by schools and [website](#). Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. ([How to order hard copies](#).) Provide the link to parents on school websites and social media.

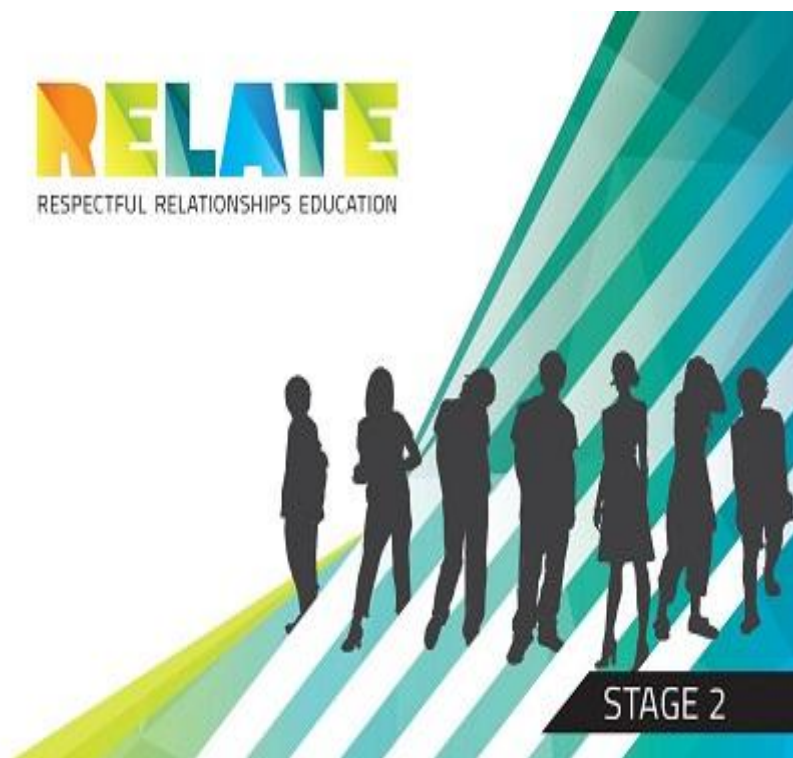
- Order copies of [Puberty](#) and [Relationships, sex and other stuff](#) to be sent home for parents. Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

#### Partnerships with school staff

- Invite the school nurse to your class to answer some of the question box questions. This serves two purposes - they may be able to answer some of the questions you are unsure of and helps to build a relationship between the students and the nurse.
- The school nurse may like to take small groups of students requiring additional or specialised care to run separate activities with on this topic.

## RELATE: Respectful relationships program - Stage 2

### Learning objective



A one term respectful relationship program consisting of 8 scaffolded sessions covering - creating a group agreement, assessing prior knowledge, difference between gender stereotypes and expectations, respectful relationship qualities, non-consensual image sharing, decision making frameworks, communication techniques, ethical bystanders and critical analysis of websites.

Each stage can be delivered in isolation but is best delivered sequentially.

Stage 2 is suggested for Year 8 or 9 but may be suitable for lower or higher year groups depending on student demographics.

### Take Home Messages



## Curriculum Links

RELATE has been designed to improve students' knowledge, attitudes, skills and behaviours to recognise and engage in respectful relationships. This includes increased:

- awareness of, and respect for, diversity
- understanding of the impact of gender expectations and social norms on relationships and sexual health
- understanding of, and skills for, ethical behaviour in the context of relationships
- skills to establish and maintain positive, equitable and respectful relationships
- capacity to identify and address disrespectful behaviour
- digital literacy skills
- critical analysis skills
- knowledge of, and ability to access, a range of support people and services.

It provides opportunities for young people to explore attitudes and peer, gender, social and cultural influences that impact on behaviour in relationships; identify perceived and actual peer norms and rectify incorrect perceptions; examine their expectations and the value they place on different behaviours within relationships as well as develop skills and confidence to carry out desired behaviours (self-efficacy).

Gender analysis is core to the approach of the RELATE program. Gender inequality and gendered expectations in relationships are understood as key issues underpinning the occurrence of relationship violence and poor sexual health outcomes. Gender is explored by considering individuals within the context of relationships, communities and society. This is extended using a human rights framework, that considers not only gender but includes race, ethnicity, class, sexual orientation, disability, religion and culture.

RELATE Stage 2 covers all of the Personal, social and community health descriptors in the Year 8 and Year 9 Health and Physical Education Syllabus. See [RELATE 2 WA Curriculum Mapping \(63KB\)](#) for descriptors mapped to individual session plans.

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## Curriculum Links

### Key understandings

Session 1: Part 1 - Establishing a group agreement.

Purpose: To provide students with an opportunity to explore and discuss factors that make for a safe and supportive learning environment for all.

It is important to follow the class agreement so that everyone feels safe to learn and share their ideas.

Session 1: Part 2 - KWL (Know, Want to know, Learnt)

Purpose: to revise concepts of RELATE: Stage 1, to remind students of appropriate language; recognise prior knowledge of students; to give students an opportunity to record what they would like to find out about gender, respectful relationships, communication and sexting.

I already have some knowledge about gender, respectful relationships, communicating and sexting but there is a lot more to learn and understand.

Session 2: Gender NOT sex

Purpose: To help students understand the difference between 'sex' and 'gender' and to recognise gender stereotypes.

'Sex' describes the biological features that a person is born with that are used to determine whether they are male or female. 'Gender' describes the roles and expectations that families, culture, society, religion and the media assign to what it is to be a 'man' or a 'woman'.

Gender stereotypes can be damaging if they limit people's behaviours, interests, skills or relationships.

### Session 3: Respect - What's OK and What's not OK?

Purpose: To revise what a respectful relationship is; To identify examples of respectful and disrespectful relationships in the film Tagged.

Everyone has the right to respectful relationships both face-to-face (in person) and online at all times.

### Session 4: 4 Questions

Purpose: To identify a framework for considering the safety and respect of people in a situation.

There are 4 questions I can ask myself when I need to consider choices, consequences and safety of my actions. Relationship? Safe? My decision? Feel OK?

### Session 5: What's the status?

Purpose: To identify the impact of online behaviour on individuals and others in relationships; To apply the 4 Questions framework in situations regarding online messages.

How I respond to people online, messaging and face-to-face can influence both positively and negatively how they feel about themselves and their relationships with others. Online messages can be easily misunderstood.

### Session 6: Who said what?

Purpose: To revise and apply knowledge of communication styles; to reflect on personal communication styles.

Being assertive is an important skill that I can practise so that I can communicate respectfully and effectively with others.

### Session 7: Telling stories

Purpose: To review and apply the concepts of being an ethical bystander, respectful relationships, assertive communication, 4 questions framework.

By being an ethical bystander, I can help to positively influence the choices, decisions and actions of others.

### Session 8: Helpful websites

Purpose: To determine the appropriateness and reliability of online health information; to critically analyse a health website.

Being critically aware of the information I read is important so that I can determine if it is accurate, reliable and useful.



## Materials

- See RELATE Stage 2 pdf in the resource section for full program including lists of materials required for each session

## Learning Activities

Sample session plan pages and activity sheets:

Image  
Image

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See [RELATE Stage 2 full program \(18MB\)](#) for the entire package of lesson plans including lists of materials required for each session, posters, activity sheets and teaching notes.

Sexual Health Quarters (SHQ) conducted the research and original development of RELATE (1st and 2nd edition). SHQ has had no involvement with any subsequent updates or editions of RELATE.

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## Learning Activities

### Assessment tasks

Assessment task - teacher instructions

Assessment task - student instructions

Assessment task - marking key

Assessment task - marking key excel spreadsheet

## Sexting: To send or not to send

### Learning objective

Students use the *Laugh and learn* video and a decision mapping process to explore situations where people might be asked to send a sext. Emotional, social, ethical and legal consequences of sending or not sending a sext are unpacked. WA image-based abuse laws and where to go for help are also covered.

### Take Home Messages

Remind students of the take home messages:

Unwanted sexting is disrespectful, harassment and against the law.

Sharing, or threatening to share, another person's sext/nude without their consent is image-based abuse and is against the law..

There are actions that can be taken and support available if you receive an inappropriate text messages and/or pictures or if your pictures are shared without your consent.

Sending sexts/nudes can have emotional, social, ethical and legal consequences.

It is easy to lose control over who sees a sext/nude.

It is important to think about potential consequences when making decisions about sexting.

## **Curriculum Links**

### **Year 8**

- The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and others ([ACPPS074](#))

### **Year 9**

- Impact of external influences on the ability of adolescents to make health and safe choices relating to: sexuality; and risk taking ([ACPPS092](#))
- Strategies are examined, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs that can support the development of respectful relationships, including sexual relationships, for example: investigating the Western Australian legal requirements in relation to seeking, giving, refusing and accepting the refusal of consent, and considering how these laws relate to relationships with friends, colleagues, strangers and intimate partners, in both online and offline interactions.

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## **Curriculum Links**

### **Year 10**

- External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing ([ACPPS092](#))
- Skills and strategies to promote respectful relationships, such as: appropriate emotional responses in a variety of situations; taking action if a relationship is not respectful; appropriate bystander behaviour in physical and online interactions ([ACCPS093](#))
- Effects of emotional responses on relationships, such as: extreme emotions impacting on situations or relationships; the consequences of not recognising emotions in others ([ACCPS094](#))

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## **Curriculum Links**

### **Key understandings**

Unwanted sexting is disrespectful, harassment and against the law.

Sharing, or threatening to share, another person's sext/nude without their consent is image-based abuse and is against the law.

There are actions that can be taken and support available if you receive an inappropriate text messages and/or pictures or if your pictures are shared without your consent.

Sending sexts/nudes can have emotional, social, ethical and legal consequences.

It is easy to lose control over who sees a sext/nude.

It is important to think about potential consequences when making decisions about sexting.

## Materials

- [Laugh and learn video - sexting](#) (2 min 12 sec)
- [eSafety - image based abuse video](#) (2 min 30 sec)
- Access to [Youth Law Australia - Sexting](#) web page
- Sticky notes (or small pieces of scrap paper)
- Pens
- A large floor space or wall space to place sticky note flow chart
- Optional: PowerPoint slides - To send or not to send?
- Optional: Take home activity sheet - To send or not to send? (1 per student) - electronic or hard copy
- Optional: Posters printed from Department of Justice (link provided in Before you get started section)

## Before You Get Started

- Be aware that some students undertaking this lesson may have sent or received a sext. Emphasise that you do not want to know who has or hasn't sent or received a sext.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Exploring my own values](#) - Consider your own thoughts, feelings, attitudes and values on this topic and be aware of how they may influence the way you present this activity. Be aware of your own self-care and support networks. Read [The art of safe sexting](#), [How to practise safe sexting](#), [Everything you need to know about sexting](#). Ideally, these and other associated issues need to be covered and extended in more lessons.
- Liaise with the school health team (e.g. Community health nurse, school psychologist) to inform them of the content you will be covering in class. It may be helpful to have these additional adults in these lessons or on standby for any individual or small group work that may need to take place.
- Preview [Laugh and learn video - Sexting](#) (2min 12sec) and [eSafety - Image based abuse](#) (1min 50sec) to determine suitability for your students.
- Teachers should be familiar with the laws on [sexual consent, sexting](#) and [image-based abuse](#).
- Visit [eSafety - sexting](#) for background information on the what, why and how of sexting.
- Sexting definition: Most sexting is done with a mobile phone but it also occurs through social media and other online activities. Sexting can include a range of behaviours and content, from sending flirtatious text messages to more intimate material, like taking and sharing nude photos or videos capturing sexual acts. The term 'sexting' is not often used by young people or in popular culture. 'Nudes', 'naked selfie', 'pic for pic', 'dic pics' are some of the terms young people might use. Other terms include intimate images, sexually explicit images or messages.
- Students may bring up popular media (tv shows and movies) which deal with image based abuse, youth suicide, mental health and other issues faced by teens. Sometimes organisations like and eSafety Commissioner have created resources to support use of popular media in the classroom.

- Optional: Print Department of Justice posters.

## Learning Activities

### Group agreement

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: [Essential information: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).
2. Remind students that throughout the lesson they can write any questions down and add them to the question box at the end of the lesson (if they do not wish to ask them during the lesson).  
See [Essential information - Setting up a question box](#).
3. ??Trigger warning

Say:

"This lesson covers topics that can sometimes be difficult for people. Please let me know if you feel you need to take a break from the room.

Before we start, let's check that everyone knows where to go for help if you want to check anything that this lesson raises for you."

4. Ask students:

? Who are some trusted adults you can talk to?

(Possible answers: parents, grandparents, teacher, older siblings, doctor, other family members, etc)

Teaching tip: It is important not to tell students who their trusted adults are or should be. You can offer a list of suggestions of who they might be. For some students, some of the people you suggest, may not be people that are safe for them to talk to. Students should not be made to share their list of trusted adults publicly unless they wish to do so.

? Who are some people at this school that you can talk to?

(Possible answers: class teacher, other teachers, school psychologist, community health nurse, youth workers, etc )

Say:

"During the lesson we will also be learning about some services and online support that is available."

### Introduction: Definition

5. Ask students what they understand by the term 'sexting'?
6. Take answers from volunteers.

Teaching tip: Students need to feel safe and supported in lessons on sensitive topics such as this. They need to know that they will never be called upon to answer questions and that you will only ever ask for volunteers for contributions.

5. Say:

"Sexting refers to using a mobile phone or the internet to take, ask for, receive, send or share intimate text, photos or videos including where someone is naked, partly naked, posing sexually or doing a sexual act. These are sometimes known as 'nudes', 'sexy pics' or 'noodz' or some of the words that you have already said. They are also known in legal terms as sexually explicit images or messages, or intimate images."

Thumb quiz: Legal, not sure, illegal

6. Teaching strategy: [Thumbs up/down quiz](#). Ask students to indicate their answers:

- thumbs up = legal
- thumbs down = illegal
- thumbs sideways = not sure.

7. Read and display the following scenarios on the board (See [To send or not to send PP teacher resource - slides 7-18](#)).

Teaching tip: The language in the following scenarios deliberately limits the use of gender pronouns in order to avoid gender stereotyping who sends/shares images and to be inclusive of gender and sexual diversity. Students can make their own decisions about the gender of the individuals in the scenarios.

- An 18 year old girl sends a naked image of herself to an 18 year old guy she likes.

(Legal, but if he didn't want this, it might be sexual harassment depending on circumstances.)

- A 20 year old girl sends a naked image of themselves to their 21 year old partner

(Legal)

- A 16 year old consensually sends a nude to their 16 year old partner.

(Despite being of legal age to have sex, and legal under WA laws, this is illegal under federal laws which override state laws. If a person under 18 takes a naked picture of themselves, it can be considered creating child exploitation material. Sending it to a partner can be considered distributing child exploitation material. These laws are designed to protect children from exploitation however, young people consensually sharing images can still be prosecuted under these laws.)

- A 21 year old shares the image of their partner with several of their friends.

(Illegal if they did not ask for their partner's consent to share the images.)

- A teacher 'follows' students on Instagram and make personal remarks.

(Legal but breaches professional conduct. [Guidelines for the Use of Social Media - The Department of Education](#).)

- After breaking up with their 16 year old partner, a 17 year old threatens to send an intimate image of them to their mates.

(Illegal to threaten to send an intimate image (WA law) and illegal to send an intimate image of a person under 18 years of age (Commonwealth law).

Laugh and learn video - sexting

8. Watch [Laugh and learn - sexting](#) (2min 12sec).

Teaching tip: CaLD students and students with special needs could potentially be confused between pimple popping and sexting. It is important for teachers to decide the suitability of this content for their students and to address any misconceptions that may arise.

9. Ask:

? What are some of the key messages from the video?

(Non-consensual sexting is disrespectful, harassment and against the law; issues can follow you the rest of your life - whether you send, receive or share an intimate picture; it is easy to lose control over who can see an image once it is sent; there are things you can do if you receive an unwanted sext.)

To send or not to send?

10. As a whole class create a 'choose your own adventure' style flow chart using sticky notes. This can be created on the floor, on desks pushed together, on a wall or a window.

Teaching tip: This activity should not be conducted in small groups unless there are enough adults to facilitate each group. This is vital to ensure students adhere to the group agreement (e.g. no sharing personal stories). Ensure all adults facilitating groups are familiar with [protective interrupting techniques](#) and how to [deal with disclosures](#).

11. Provide each students with a small stack of sticky notes (or scrap paper).
12. Guide students through the following steps either using the [To send or not to send PP teacher resource \(Slide 20-33\)](#) or by reading the instructions aloud.
13. Say:

" Describe a scenario in which a person might be asked for a nude. This is to be a hypothetical situation so no names of people we know and no personal stories."

? What are the names of person A and B?

? What are their genders?

? How old are they?

? How do they know each other?

? What app/device are they using to chat?

Teaching tip: It is important to remember that students in the class are likely to have experienced similar situations either directly or indirectly and it is vital for everyone to maintain confidentiality and not to disclose personal stories of their own or others. Offer students the opportunity to talk to you (or another trusted adult) in private if they have any concerns they would like to raise. The [question box](#) is another way of offering students opportunities to raise issues privately. Students can indicate that they would like time with you, the school counsellor/nurse by placing a note in the question box and

including their name on the note.

Discuss some of the potential stereotypes:

? Is it always the guy asking for nudes?

? Is it always the girl being pressured?

? Is it always a heterosexual relationship?

14. Write down the scenario and place it on the floor/wall where you will be displaying the 'choose your own adventure' flow chart.

15. Say:

"What might person B's response to this request be? Write it down on your sticky note and place it along side the scenario to show the different ways the conversation might develop."

Ask:

? Do they want to send the nude?

? Do they feel safe?

? Is there trust?

? Do they feel pressured?

? How do they negotiate the situation? (diversion, humour, respectful, disrespectful)

? Do they consensually send the nude?

? Do they send a pic without showing their face or identifying features?

16. Ask:

? What might person A reply?

(anger, humour, pressure, respects answer and doesn't ask again, cuts off conversation, dumps person B, asks for more, call person B names for either sending it or not sending it)

17. Have the students continue the potential responses along the 'choose your own adventure' path.

18. Ask:

? What might happen as a result if they send the nude or if they don't send the nude?

? What are the emotional consequences?

(May feel regret for sending it; may feel mortified if it gets shared with others; may feel OK about sending it; may feel happy/sexy/flirty/etc sending it; may feel scared; etc)

? What are the social consequences?

(Friends/colleagues might judge you; may end the relationship; may start a romantic/sexual relationship; may bring person A and B closer; may cause person A and B to fall out; excluded from



friends; family fall out; etc)

? What are the ethical consequences?

(Is it ethical to ask for a nude or should you wait to be asked? Is it ethical to assume a partner would be OK receiving a nude image? If someone has shared nudes with lots of other people, is it OK to share the image? What if there is a large gap in the age of the people sexting? etc)

What the law says

19. Have students read the [Youth Law Australia - Sexting](https://yla.org.au/wa/topics/internet-phones-and-technology/sexting-laws/) webpage (<https://yla.org.au/wa/topics/internet-phones-and-technology/sexting-laws/>) . This could be as a whole class, on individual devices or printed copies.

Teaching tip: Ensure that the Youth Law Australia website is set to 'Showing laws for WA' so that the information displayed is accurate for WA.

19. Say:

"It is against the law for ANY person to take, keep or share intimate images when it involves someone under 18. It is against the law to share or threaten to share an intimate image of a person of ANY age without their consent. No doubt there are many people - adults and young people alike - who are unaware of these laws. Why do you think not knowing this information could be very dangerous for some people?"

20. Ask:

? What are the legal consequences?

(If under 18, could be charged with creating/distributing child exploitation material; could be put on child sex offenders register; could impact future employment and housing options; could be fined or imprisoned; could be no legal consequences; may be completely legal; etc)

? Who could get prosecuted in each of the scenarios we looked at in Too send or not to send?

(Any that involve people under 18. Any that involve harassment)

? Who would get prosecuted in each of these scenarios?

(It is impossible to tell. Laws are designed to protect young people from exploitation but the laws are still written in such a way that young people can potentially be charged. The laws place the emphasis on non-consensual sharing of images, pressure, harassment and 'sextortion' - threatening to share images)

Where to go for help

21. View [eSafety what is image-based abuse video](#) (2 min 30 sec)

22. Ask:

? Where can a young person go for help in these situations? What can they do?

(Tell a trusted adult, block the person on social media, report it on the eSafety site, contact Headspace, Kids helpline, a school counsellor)

23. Show students the [eSafety Commissioner website](#) and go through the steps of 'What to do?'

24. Ask:

? What strategies have you seen in this process that you might recommend to a friend who was in a similar situation?

Teaching tip: It is important to keep questions 'a step removed'. Asking students what they would recommend to a friend allows them to think of useful strategies for themselves without having to say, 'I would do this' which could make them feel vulnerable and/or potentially disclose personal information.

### 3-2-1 Reflection

25. Ask students to share with another person:

? What is the most important thing you have learnt from doing this work on sexting?

? Who will you share this information with?

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### 3-2-1 Reflection

#### Take home activity

1. Ensure students have internet access at home to access the [Youth Law Australia - Sexting](#) website or provide each student with the handout [Western Australia's new intimate intimate laws: Frequently asked questions](#).
2. Give each student the [Take home activity sheet: Sexting - To send or not to send?](#)

## Health Promoting Schools

Health promoting schools strategies

Background teacher note: [Health promoting schools framework](#).

Partnerships with wider community

- [Talk soon. Talk often: a guide for parents talking to their kids about sex](#) is a free resource that can be bulk ordered by schools and interactive website. Consider sending a copy home to parents prior to starting your RSE program or providing a link to your website/e-news for parents and carers. The booklet offers age and stage related information on sex and relationships so that the topics covered in class can be reinforced at home. ([How to order hardcopies](#).)
- Send copies of the free resources [Relationships, sex and other stuff](#) and/or [Send noods?](#) home or provide in the lesson. ([How to order free copies](#).)
- Run a parent and carer workshop prior to delivering RSE lessons so that parents and carers can see the resources used, ask questions and find out how to support the school program by continuing conversations at home.

- Keep parents informed of the WA intimate image laws by adding these links to your school newsletter/social media/website
  - [Western Australia's new intimate image laws: Frequently asked questions](#)
  - [eSafety Commissioner - Sending nudes and sexting \(parents\)](#)

## Puberty part 2

### Learning objective

Students explore the physical, emotional, and social changes associated with puberty.

### Take Home Messages

1. Remind students of the take home message:enlightenedPuberty positivity! There are many positives about puberty - and also some challenges.enlightened Most people find sharing their thoughts and concerns with others helps them to deal with puberty in a positive way.
2. Remind students that there are lots of free services that offer help to young people over the phone, online chat and in person if they need help. See [Websites - Students](#) for a list of reliable websites and services for young people.
3. Remind students that [Get the Facts](#) has a completely confidential '[Ask a question](#)' service they may wish to use. All questions are answered by a qualified health professional with a week.
4. Allow students time to write any questions they have for the [question box](#). Remember to ask all students to write something on the small pieces of scrap paper at the same time and put it in the box (even if they draw a smiley face) to ensure confidentiality.

### Curriculum Links

Year 7

- Management of emotional and social changes associated with puberty through the use of: coping skills; communication skills; problem solving skills and strategies ([ACCPS071](#)).

Year 8

- The impact of physical changes on gender, cultural and sexual identities ([ACCPS070](#)).

### Curriculum Links

Key understandings

enlightened Puberty positivity - positives of puberty and ways to cope with the challenges associated with puberty.

enlightened Emotional and social changes of puberty and how to manage them.

### Materials

- Access to internet
- Laugh and Learn video - puberty part 2 (2min 19sec)
- 3 hoops (or pieces of butchers paper)
- Sticky notes or scrap paper
- Preferred media for large and small group work and individual work (e.g. paper and textas or iPads/tablets)

## Before You Get Started

- Students must complete [Puberty part 1](#) prior to this lesson.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Question box](#) - Have a question box available in every lesson to allow students the opportunity to ask questions that may be too embarrassing or unsafe for them to ask openly in class. See [Setting up the question box](#) and [Types of questions](#) for further information. For ways to answer some of the curly questions, see [Student FAQs](#).
- Preview [Laugh and learn - puberty 2](#) video (2min 19sec) to determine suitability for your students.

## Learning Activities

### Group agreement

5 Minutes

Whole Class

Teaching tip: A group agreement must be established before any RSE program begins to ensure a safe learning environment. Read: [Essential information: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).

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## Learning Activities

### Laugh and learn videos - puberty part 2

5 Minutes

Whole Class

2. Say: "Many of you have probably covered much of this information in primary school. This session is going to look at what you would like to have known about puberty when you first started learning about it. As with all things, there are positive and there are challenges about puberty."
3. Watch [Laugh and learn video - puberty part 2](#) (2min 19sec)
4. Ask the following questions: What do you think of the use of humour in this video? Does it help get the information across? What is the message/information you took from this video?

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## Learning Activities

### Puberty positivity

10 Minutes

Whole Class

5. [Think-pair-share](#): Discuss the positives of puberty (Puberty positivity). (Possible answers: getting older and more mature; having greater independence; body changes are interesting; able to do different things; getting taller and stronger.) Students may like to use the

following resources for reference:

[How to order free hardcopies.](#)

1. [Get the Facts: Puberty](#)
2. [Get the Facts: Puberty animation](#)
3. [SECCA App](#) - includes a bank of 2000 images designed to support access to RSE for people of all ages and abilities
6. Share ideas with whole class and discuss.

## Learning Activities

### Changes during puberty

10 Minutes

Whole Class

7. Acknowledge some of the negatives that many people associate with puberty.
8. [Guess my category](#): Place three hoops on the group (or butchers paper, or record electronically) to represent the categories 'physical', 'emotional', and 'social/relationships' but do not tell the students what they represent (i.e. do not label the categories).
9. Ask students to write a challenge associated with puberty onto sticky notes. Read each sticky note to the class and place them into the relative hoop.
10. Ask: How have I grouped these answers? or Why have I grouped the answers this way? What labels would you give each group? Do any of the groups overlap? (Hoops can then be joined to form a [Venn diagram](#) and sticky notes regrouped accordingly) (Emotional and social overlap in most ways. Many of the physical answers could lead to some of the emotional/social answers) Do some groups have more sticky notes than others? Why do you think this is? (Society? Parents? Culture? Pressure?)

## Learning Activities

Trigger warning: Students may raise sensitive topics in this session. Teachers will need to be prepared for potential responses related to things such as [gender identity](#), [sexual identity](#), religious beliefs, cultural beliefs, etc).

Possible responses

Physical

Getting first period

Waiting for first period

Period cramps

Managing periods at school or when out

Sweat/body odour

Developing breasts

Not developing breasts

Size of breasts

Voice breaking

Growing pains

Getting taller

Not getting taller

Pimples and acne

Pubic hair (growing early, growing late, growing too much, not growing enough, etc)

Making decisions about whether to remove hair or not

Weight gain

etc.

Emotional

Mood swings/mood changes

Embarrassed

Anxiety

Selfishness

Become self-involved

Withdrawn

Isolated

Emotional

Fear of being judged

No one understands me

My parents don't 'get' me

Exam pressure

Negative body image (dieting, eating disorders, self-harm)

Confusion

Sexual feelings

Shy

etc

Social/relationship

Changing relationships with friends

Best friend moves to a different school

Best friend has a boyfriend/girlfriend (and no time for me)

Friend smoking/drinking/using drugs and I don't like it

I fancy my best friend

Nasty things were posted about me online

Not fitting in (i.e. not having the 'right' clothes, phone, etc)

Challenging family boundaries

Too much independence or not enough independence

I'm not allowed to date boys/girls

I have a curfew

I have to work or do chores

I'm not allowed to cut my hair, get a piercing, shave my legs, etc

Not allowed to go out without an adult

Restrictions on screen time/internet/phone use

Restrictions on clothing (e.g. Mum says I can't leave the house like this. e.g. 2 Cultural clothing)

Fancying someone and not being able to tell them

All my best friends have boyfriends/girlfriends. I don't.

Crushes

Dealing with rejection

Navigating new relationships

Breaking up

Questioning sexual identity (e.g. Am I gay?)

I sent a naked pic

A private image I sent got shared without consent

etc

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## **Learning Activities**



## Positive coping strategies

20 Minutes

Whole Class

11. Say: "It is important for people to have a range of positive coping strategies to help with the potential challenges of puberty. No one person will feel exactly the same as others and no one strategy will work for everyone, so lots of different ideas are needed. Lots of skills that you already have can be used to think about how you can deal with these potential challenges - seeking help, problem solving, and communication. We are going to come up with lots of ways that you or someone you know might find useful."
12. In pairs, students to be given one challenge of puberty. Use the [mindmap](#) strategy to brainstorm some ways of dealing positively with the challenge allocated. (PC options: Word SmartArt Tools; [Canva - Education - Mindmap](#); [Xmind](#); [Bubble.us](#). Table app: [Popplet](#)). Model an example and have students offer some positive coping strategies.
13. Other possible coping strategies:
  1. Talking to a teacher/school nurse/school psychologist/chaplain/doctor
  2. Getting enough sleep
  3. Turning off phones/devices and going outside
  4. Using [Kids Helpline](#)
  5. Meditation/Yoga
  6. Remembering that puberty doesn't last forever - you will get through it!
  7. Getting questions answered on [Get the Facts](#) website
14. Share and display the mindmaps.

## 3-2-1 Reflection

### Reflection: What I wish I had known about puberty BEFORE puberty!

5 Minutes

Small Group

15. Using preferred medium, students complete the following sentence: 'Puberty! I wish I had known that....because...' Examples: Puberty! I wish I had known that I could talk to Headspace when I was feeling low because I didn't realise there were so many organisations like Headspace that offer help for free. Puberty! I wish I knew that I didn't need to worry about hair growing in weird places because now I think it's cool. Trigger warning Some students may disclose personal information when using 'I' statements. Some students may find this 'I' statement too personal or confronting. Consider if this following alternate wording is better for your students or offer them the choice. 'Puberty! One thing I would tell someone that is about to start going through puberty is....because...'
16. Share in small groups.
17. Discuss the following in small groups or record in a journal. How easy was it to think of the positives of puberty? Why? Why does puberty have so much misinformation around it? What are two coping strategies that appeal to you and why do you like them? What's one positive thing about puberty that you would say to a younger person?

## 3-2-1 Reflection

### Assessment task

- SCSA Assessment task [How to cope with puberty](#).

## Health Promoting Schools

Background teacher note: [Health promoting schools framework](#).

### Partnerships with parents

- [Talk Soon. Talk Often: a guide for parents talking to their kids about sex](#) is a free resource that can be bulk ordered by schools and an [interactive website](#). Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. ([How to order hard copies](#).)
- Order copies of [Puberty](#) and [Relationships, sex and other stuff](#) to be sent home for parents.
- Run a parent workshop prior to delivering RSE lessons so that parents can see the resources used, ask questions and find out how to support the school program by continuing conversations at home.
- Add the [Get the Facts](#) link to your website or e-news.
- The [SECCA app](#) is a free resource that includes a bank of 2000 images designed to support access to RSE for people of all ages and abilities. Share the link in your newsletters.

### Partnerships with school staff

- Invite the school health professionals and pastoral care staff (school nurse, school psychologist, chaplain, boarding house master, etc) to a class or an assembly to introduce them to the students. Have them talk to the students about their role and how they can help. For example:
  - If you get your period at school and need help, you can go to...
  - If you are worried about something and need to talk, you can go to...