

Sexual Education

1. Team building game: Truth or lies?

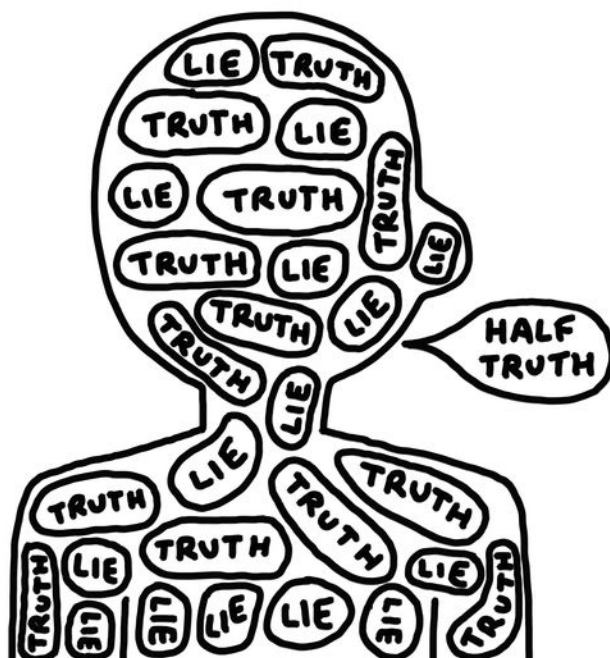
Explanation: Everyone sits in a circle. Every child tells in their turn two facts about themselves and one lie. The lie should be realistic. After a child shared his facts, the others must guess which of the facts is the lie.

Preparation: None

Number of players: Four or more people

Goal: To break the ice before starting with a more difficult subject. Eliminate judgements of the children and give introverts an equal chance to share some facts about themselves.

Difficulty: Easy - Medium



2. What's In The Bag?

Explanation: To make talking about puberty, the body changes and how the children feel in their body easier, you can use this game. Turn the music on and stand in a circle. Everyone must pass the bag on to each other. When the music stops, the child who carries the bag needs to take an object or picture out of the bag and needs to talk about everything they know about it. It's important to discuss about it together and answer questions.

Preparation:

- You put objects related to sexuality/body/puberty/... in the bag. You can also do this with the pictures below.
- Music of your choice

Number of players: Three or more people

Goal: Children learn more about puberty and their body and get answers to their questions. It makes the subject 'gender equality' easier to understand.

Difficulty: Medium

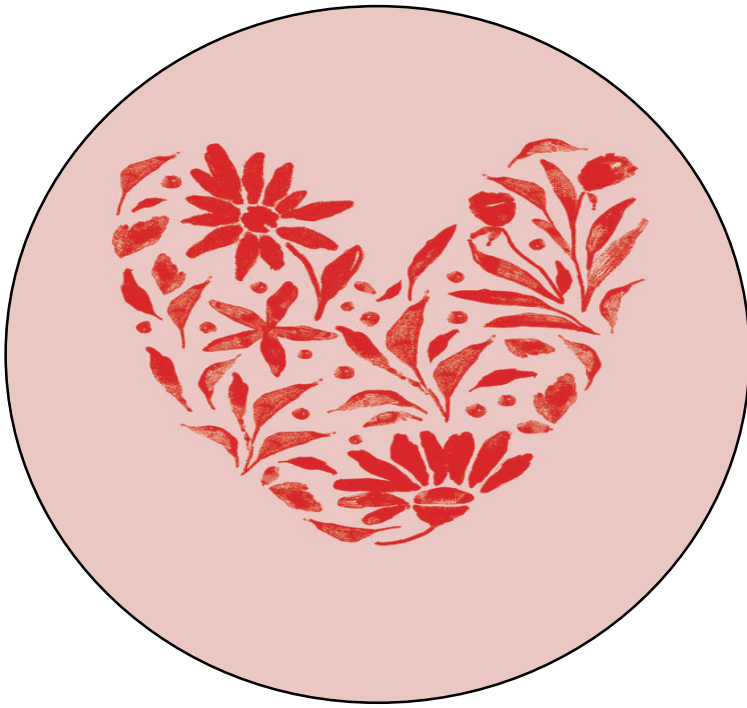
1.1 Pictures

Soap

Adolescents are starting to sweat more. The change of the child's body odor is one of the first signs of puberty.

Pimples

Pimples are also part of puberty. During puberty, your skin becomes oily because your skin produces more sebum. Your pores widen. This can cause pimples.



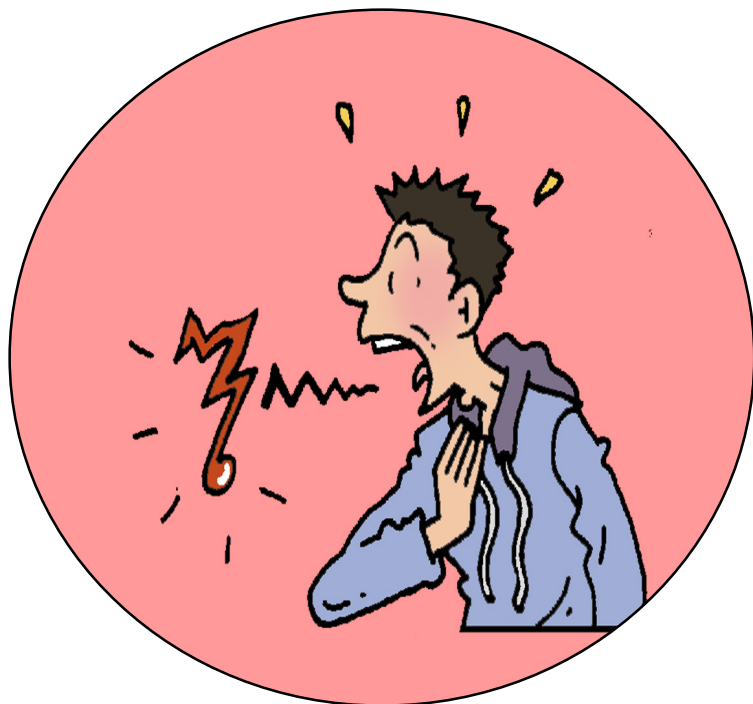
Love

Not only your body changes, but also your feelings change. Maybe you like someone and maybe you fall in love?



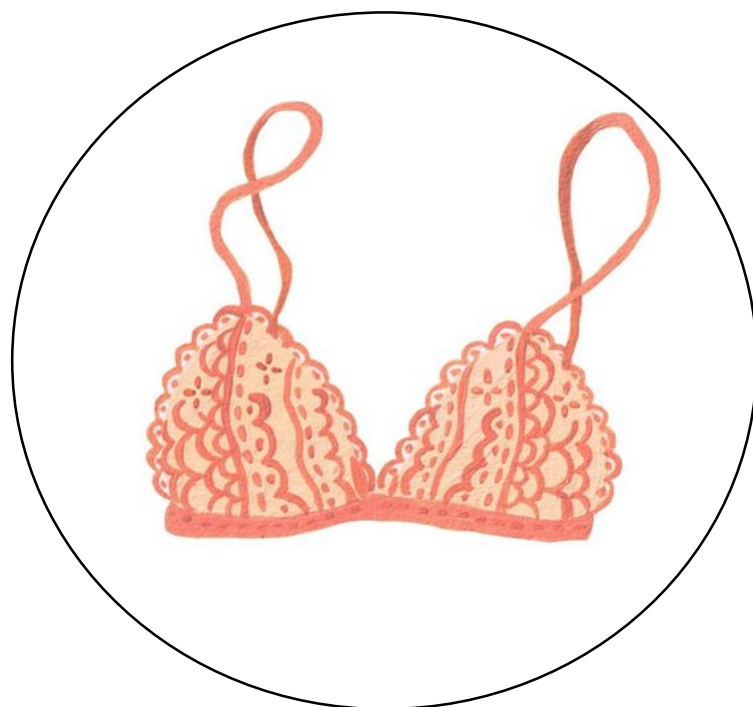
Body hair

During puberty armpit hair, pubic hair, leg hair, facial hair and body hair begins to grow.



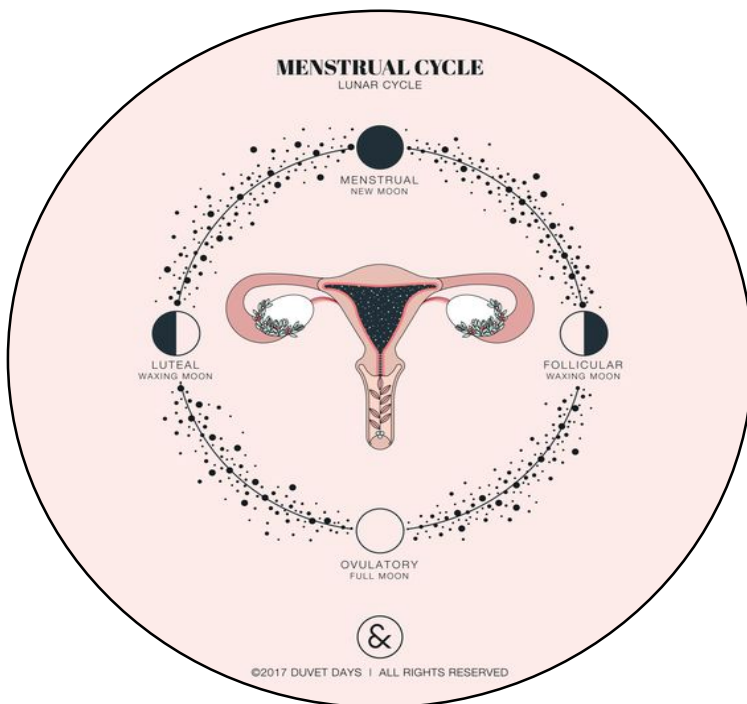
Voice change

The voices of the boys change and get deeper and heavier.



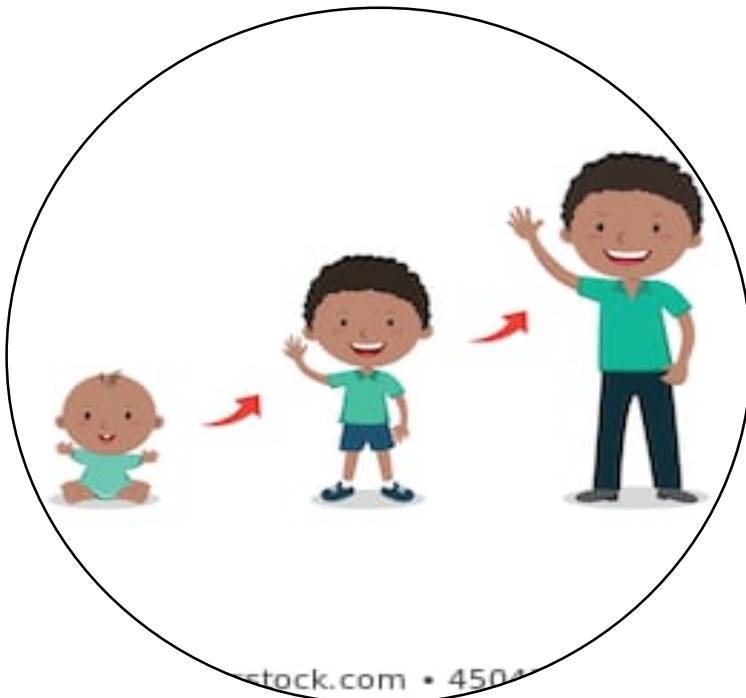
Breasts

Girls grow their breasts. The average age for this is 10 years but the age varies from child to child.



Menstruation

Girls have their period for the first time. From the very first menstruation, a girl is fertile.



Growth spurt

Children grow very fast. Girls have the growth spurt first (around 10 years old), boys have it later (around 12 years old). But eventually, boys get mostly taller than girls.

3. The difference between boys and girls

Explanation: Draw every biological difference between girls and boys on the two persons below.

Difficulty: Easy-medium

Goal: Children learn more about puberty and their body and get answers to their questions. It makes the subject 'gender equality' easier to understand.

