RSE: A Time of Change.
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TOPIC OVERVIEW
The aim of this lesson is to introduce the Relationships and Sexuality Module by highlighting the concept of change. At the end of the lesson, student will be aware that adolescence and the onset of puberty is a time of great change. They will also have reflected on their current stage of development and be aware of what will be taught in the coming weeks.

LESSON PLAN OUTLINE
• Introduction to the lesson: A Time of Change. Guide the students through a visualization.
• Get feedback on visualization from students.
• Divide students into groups to share thoughts and opinions on visualization under the headings of Physical, Social and Emotional changes.
• Put students’ responses on the board under the three brackets.

GROUP ACTIVITY
Class divided into groups of four. Students’ share thoughts on visualization in their groups and then provide feedback about the changes that have occurred since they were 10 years old.

RESOURCES
• Whiteboard
• Workbooks
• Visualization
• PowerPoint slides

LEARNING OUTCOMES
• To comprehend that adolescence and onset of puberty is a time of great change.
• To compare the changes that have undergone in the past two years.
• To assess their current stage of development.

STUDENT FEEDBACK
“Learning was way more fun with two more teachers! We were able to get different views and experiences.”

“I really liked having both teachers. It was a nice change.”

HOW DID IT GO? (EVALUATE)
We both found the experience to be beneficial as it allowed for students to be exposed to a female and male perspective on the topic of puberty and change.

The students enjoyed exploring not only the physical changes of puberty but also the emotional and social.

Two teachers in the classroom provided opportunities for a greater discussion in group work.