



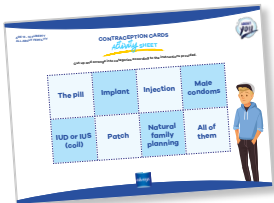
ALL ABOUT YOU CURRICULUM TOPIC MAP

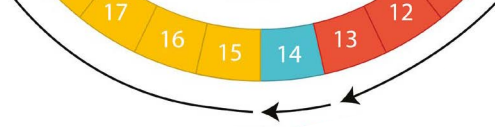
Welcome to **About You** - the programme from Always and Tampax that gives teachers everything they need to deliver Relationships and Sex Education. Our ready-to-teach resources are themed around Puberty, Relationships and Wellbeing and include Lesson Plans, PowerPoint Presentations, Videos and Activity Sheets that your students will love.

The resources empower young people to build confidence around the physical and emotional changes during puberty as well as exploring healthy and positive relationships. Each lesson plan contains detailed links to relevant curriculum requirements.

Explore the topic map to **see what's on offer for students aged 11 to 14.**

There are also specially-adapted resources for **SEND** students for each of the three themes, as well as a Puberty module for **younger students age 8-11** plus three **brand new tutor time sessions** which can be delivered separately or altogether as one lesson.





AGE 11-12

AGE 12-13

AGE 13-14

	PUBERTY	RELATIONSHIPS	WELLBEING
Lesson	All about body changes Explores puberty for boys and girls and the menstrual cycle.	All about building friendships Examines positive friendships and how to deal with conflict.	All about feelings Teaches strategies to manage their emotions and boost wellbeing.
Resources	Physical and Emotional Changes Menstrual Cycle Investigating Pads Puberty – what’s the deal? Growing & Changing - Real Teen Stories Your Menstrual Cycle & Periods in 3 Minutes	See it, stop it	Wellbeing Self-Assessment Responding to Emotions Healthy and Unhealthy Behaviours Growing & Changing – Real Teen Stories How To Be More Confident



Lesson	All about puberty and reproduction Introduces reproduction and discuss common puberty challenges.	All about inclusivity Celebrates diversity, equality and inclusion.	All about resilience Explores how resilience can help when we experience setbacks.
Resources	Period Protection Period Protection Investigation Your Menstrual Cycle & Periods in 3 Minutes	Inclusivity in Action Diversity Dream Team	Building Resilience My Passion Fixed Vs Growth Mindset

Lesson	All about fertility Revisits common changes at puberty and introduces contraception.	All about consent Explores consent on and offline using real world scenarios.	All about social media Examines unrealistic expectations created by social media and online wellbeing strategies.
Resources	Puberty Quiz Investigating Tampons Contraception Types of Contraception Contraception Cards Puberty & Periods Q&A	Is It Consent? Consent: 5 Things You Need To Know Healthy & Unhealthy Relationships In Teenage Relationships Healthy Relationships With Others Relationships & Consent Q&A	Analysing Social Media Puberty – Emotions & Me Social Media & Wellbeing Q&A Healthy Relationships With Others What Is Cyberbullying?



Activity Sheet Video Information Sheet Poster

BRAND NEW

Menstrual Wellbeing Tutor Time Sessions. Ages 11-14		
Session One First Period Signs Discussion Powerpoint & Video Teacher Guide	Session Two Different Types of Flow Discussion Powerpoint & Video Teacher Guide	Session Three How to Use a Period Pad Discussion Powerpoint & Video Teacher Guide

Download the Always Period Prep School creative workshop pack, featuring lesson PowerPoint, teacher guide and free student zine. Can be used for a PSHE lesson or drop down day for all age 11-14 students

