

Help! I'm a teenager - get me out of here!

Year: Y5

Subjects and Issues

◆ Assertiveness ◆ Conflict resolution ◆ Feelings ◆ Growing and changing ◆ Puberty ◆ Resilience
 ◆ Respect ◆ Safety ◆ Support networks ◆ Change ◆ Peer influence ◆ Relationships education ◆
 Communication ◆ Relationships ◆ Emotions

Introduction

Remind the class that during puberty hormones are released that cause the physical changes in a child's body as it turns into an adult's body.

Ask: does the body only change physically? [No - there are also emotional changes; emphasise this point.]

Explain the following:

- Feelings can change very quickly and lead to mood swings.
- It is also a time when a child is becoming more independent and learning how to be an adult.
- Emotional changes can be just as big a part of puberty as physical changes.

Activity

There can be a lot of conflict during puberty but this doesn't have to be a bad thing. It can be managed well.

Who do most young people have conflict with at this time? [family – friends etc.]

As a class, make a list of the different types of conflict that might arise [e.g. have to be home by a certain time; want to wear expensive new trainers for sport (or similar); limits set to time allowed on phones or other devices.]

Working in pairs, for all the situations on the list, children decide who the conflict is with.

Choose **one** of these conflicts as a class then answer these questions:

- Who is the conflict with?
- What is the problem?
- What are both parties feeling?
- Can they come to a compromise, remaining respectful and where each person gets something out of it/feels ok about it?

Using the Activity sheet *Help! I'm a teenager - get me out of here!* each child chooses a scenario and writes a paragraph detailing possible options for dealing successfully with it.

Remind the children that they need to find a compromise that uses respectful, courteous language.

When completed, children volunteer to share these, as many as time allows.

Plenary

Make a **Top 10 Tips** list of how to cope with changing emotions e.g. count to 10, talk it over with someone you trust, listen to some music, do some physical exercise, work on compromising etc. Display these top tips in classroom.

Extension (optional)

Make a big copy of the four *Help! I'm a Teenager* scenarios and display the children's paragraphs around them as possible solutions to the challenges.

Learning Outcomes

Children will be able to:

- Recognise how our body feels when we're relaxed;
- List some of the ways our body feels when it is nervous or sad;
- Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.