

2nd Growing Up Workshop: Puberty Education Sessions for Grade 5 (2019-20)

The rationale for the programme came from the thought that students at this stage are at the cusp of puberty and about to begin the process of associated physical and emotional development. Having covered the physical and emotional aspects of puberty with the 5th grade in the earlier session in the First Term, our focus was now on the social/relational, and body awareness.

Areas covered during the session included:

- Recapitulation of the physical changes of puberty
- Adolescence and puberty as preparation for adulthood
- The importance of self understanding, body awareness, and respect
- Distinguishing between healthy and unhealthy behaviour
- Online etiquette, dos and don'ts, and recognising unsafe interactions
- Problem solving with empathy
- Countering peer pressure and getting along

The topics were disseminated through activities and discussions. Emphasis was placed on students sharing their experiences and concerns about the subject. The students debated and discussed the scenarios to practice solving problems with empathy and combating peer pressure with great enthusiasm.



