

Frequently Asked Questions



INTRODUCTION TO THE PROGRAM

Why use the Libra Girl education program when teaching my students about health and personal development?

At Libra Girls we know that puberty can be an overwhelming topic area - for both teachers and students. Our lesson plans and supporting resources aim to help teachers in delivering key learning outcomes and content in a positive and comfortable way. The Libra Girl resources are purely focused on puberty and changes during that time, although the resources do make some references to intercourse (sex).

Who created the Libra Girl education program?

All of our Libra Girl educational resources have been written by experienced Australian teachers.

Do I have to pay to access the Libra Girl resources?

All of our resources including lesson plans and interactives are entirely **free** for teachers and students to access and use! You can even order a dedicated resource kit that will come in handy to help you educate and support girls when they are learning about menstruation.

PROGRAM CONTENT

Which grade levels are the Libra Girl resources intended for?

Our range of lesson plans and supporting resources are developed for Stage 3 and Stage 4 students. We even have dedicated resources for female and male audiences, check them out below!

Stage 3 – Understanding my body
(female and male audience)

Stage 3 – Understanding your period
(female audience)

Stage 4 – Understanding changes
(female and male audience)

Are the lesson plans curriculum linked?

Absolutely! All of our lesson plans are aligned to the Australian Health and Physical Education Curriculum. We've got your programming covered so that you can focus on the important part - teaching! Download our lesson plans today to find out which curriculum outcomes and content areas each lesson covers.

What content is covered in each of the lesson plans and supporting resources?

We've covered all the bases, check out the key content found in each lesson plan below.

STAGE 3 - UNDERSTANDING MY BODY

- Define and understand the word puberty
- Understand that everyone is unique and experiences puberty differently
- Identify changes that occur to boys and girls throughout puberty and how they differ
- Learn strategies on how to manage the changes that occur
- Use a web-based resource to enhance understanding of changes associated with puberty

STAGE 3 - UNDERSTANDING YOUR PERIOD

- Define and learn about the process of menstruation
- Identify and sequence the four phases of the menstrual cycle
- Explore a range of strategies designed to support girls in managing their periods
- Learn about premenstrual stress and explore a range of coping strategies
- Explore features and functions of a variety of female hygiene products
- Learn about toxic shock syndrome and how to prevent it



STAGE 4 - UNDERSTANDING CHANGES

- Understand the what, when and why of puberty
- Identify the varying physical, emotional and social changes that may occur during puberty
- Discuss and evaluate strategies that help manage the changes that occur during puberty
- Discuss how changes may have an impact on self identity
- Use a web-based resource to enhance understanding of changes associated with puberty

Do the Libra Girl resources cover sexuality, sex or gender?

No. The Libra Girl resources are purely focused on puberty and changes during that time, although the resources do make some references to intercourse (sex).

GETTING PARENTS ON BOARD

How can I reassure the parent community in my school about the content being taught in this unit?

Puberty is a sensitive topic area and it's important to communicate exactly what will be covered in your lesson to your parent community prior to teaching it. We've created a parent permission slip for you to use that outlines key content found in each lesson, it even encourages parents to visit our website and check out the resources themselves. It's important to get signed parent permission before each student participates in the nominated lesson and activity as some parents may wish to opt their child out.



TEACHING THE UNIT

What time of the school year should I teach my students about puberty?

We feel that it's really important that your students have had time to establish a strong sense of trust and respect with each other and yourself before teaching this topic area - it's not something you would approach in the first weeks of the new school year! It's most common for schools to teach this topic area in Term 3 or Term 4. You know your students best, so we encourage you to use your own judgement.

Do I have to get permission from each of my students' parents before teaching this unit?

We strongly recommend that you do due to the sensitive nature of the topic area. You can use our parent permission slip - it provides parents with an overview of content covered in all of our lesson plans.

What will I need in order to teach the Libra Girl education program?

We want to make sure our resources are as easy as possible for you to access and use. We've created an online version for you to use on your IWB, or an offline version for you to print out and photocopy for your students.

How do I create a safe and comfortable classroom environment when teaching my students about puberty?

Before commencing any lessons, ensure students understand that this is a sensitive topic. Take time to establish rules and expectations that make your classroom a safe and respectful environment. You know your students best, we encourage classes to create rules around:

- Everyone's rights to beliefs and opinions
- A respectful and safe environment
- Personal questions - what is appropriate to share in a group setting versus what should be raised in a confidential environment with a trusted adult

Can I deliver the Libra Girl lesson plans to a mixed male and female audience?

It really depends on your school's policies. We have developed a Stage 3 and Stage 4 lesson plan intended for a mixed male and female audience, as well as a Stage 3 girls only lesson plan intended for a female only audience.

Where should I direct students if they want to find out more after they participate in the lesson?

The topic of puberty often generates lots of questions - after all it's a time of rapid change for both girls and boys. If students have more questions they should always seek out a trusted adult to talk to such as their mum or dad. They can also visit www.lovelibra.com/libra-girl/



What is the duration of each lesson?

Approximately 50 minutes, although some lessons may take longer depending on student questioning and discussion.

TRICKY SITUATIONS

What can I do when my students are too embarrassed to ask important questions?

It's common for students to be embarrassed to ask questions around puberty, we encourage the use of a question box throughout the program. Place the question box in an accessible place in your classroom so that students can record questions that they may not feel comfortable asking in front of their peers. Use your judgement, determine if the answer can be provided by yourself or is more appropriate to be answered by a parent or guardian.



EXTRA RESOURCES

How can I order a school resource pack?

To complement our education program, Libra offers a free School Resource Kit which contains resources and product samples to help with educating your students on puberty and periods. You may order one FREE Kit per school, per year. Kits will be delivered free of charge, simply fill out this form to order yours today!

What is included in the school resource pack?

The Libra School Resource Kit includes:

- 30 x Libra Girl cards
- 1 x Libra kit product sheet
- 1 x pack Libra Girl Regular Pads
- 1 x pack Libra Girl Goodnights Pads
- 1 x pack Libra 2 in 1 Liners
- 1 x pack Libra Applicator Regular Tampons
- 1 x pack Libra Regular Tampons

