

Periods, the menstrual cycle and PMS - what do I need to know?

STARTER:



Kiri does not feel like going to school today. Normally she finds her brother's jokes funny, but this morning she feels like punching him. An RSPCA advert came on the telly and Kiri cried non-stop for five minutes at the cute, abandoned puppies.

Challenge: What is up with Kiri today? What should she do?

More challenging: Explain briefly why girls have periods and why you think some people find it embarrassing to talk about.

Mega challenge: Define the terms periods, menstrual cycle and PMS, writing a sentence using each in the correct context.

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Key terms:

PMS - Pre-Menstrual Syndrome, the name given to the collection of emotional and physical symptoms biological females encounter on the days leading to their periods.

Period - when the lining of the uterus breaks down and sheds through a female's vagina. It usually happens around once a month if a female is fertile but is not pregnant.

The menstrual cycle - the monthly process of eggs being released (ovulation), having a chance to be fertilized and then being discarded with uterus lining if not fertilized.

Learning Outcomes:

Correctly identify the different ways periods and the menstrual cycle affect us, what exactly happens and how we can manage our periods.

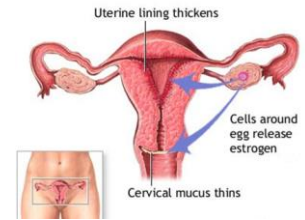
Describe the different hygiene products, how the menstrual cycle impacts on our emotional health and how we can best manage our periods.

Explain in scientific terms using new terminology how the menstrual cycle works and why periods can cause us to have health issues.

Task one - how exactly does the menstrual cycle work?

Watch the clip and answer the questions at your chosen challenge level.

https://www.youtube.com/watch?v=vXrQ_FhZmos



Challenging

1. How many days does the typical menstrual cycle last?
2. Where are eggs released from?
3. What happens to the lining of the uterus as the egg travels down the fallopian tubes?

More Challenging

1. When in the menstrual cycle is an egg released from the ovary?
2. What is the name given to the process of an egg being released from the ovary?
3. Why does the uterus thicken as the egg travels down the fallopian tubes?

Mega Challenging

1. How would the uterus thickening help to support a fertilised embryo?
2. What are some of the factors that could affect the frequency of somebody's period? List as many as you can think of.
3. What are the problems of using the word 'woman' to refer to a person with a uterus?
(think LGBT / females born with a uterus)

Task three: Kiri's message



Kiri has just sent you a Snapchat message:

'Hey. I know you know more about this kind of stuff than me and I don't want to ask Dad, he's really struggled since Mom left and I know he'll be embarrassed - which is silly, but that's him.

Anyway, I think I may have started my period. I've seen blood in my pants and right now I'm just sort of freaking out. I've felt so 'off' all week - I knew something was up! I don't know what to expect or what I need to do now. What are periods all about anyway? It's all so damn weird.

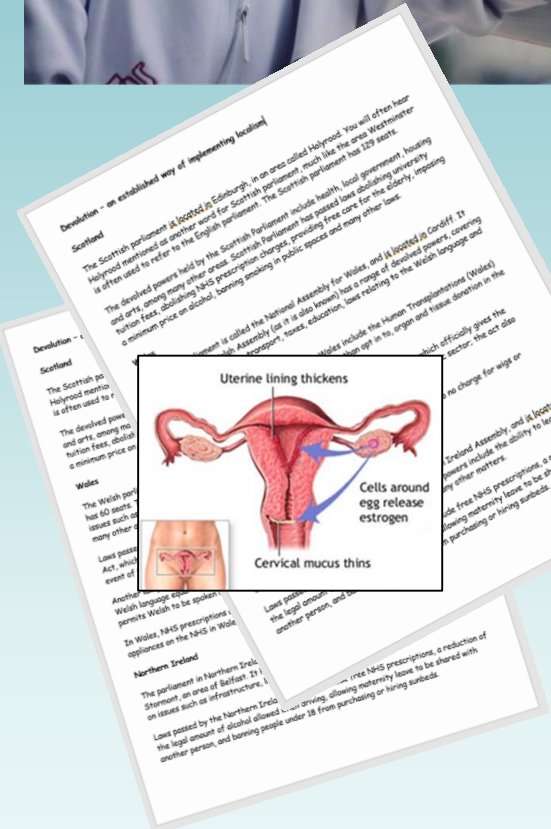
Please reply soon!

Kiri x

Challenge: Using your information sheets and clip notes, write a three paragraph message to Kiri describing clearly what happens during the menstrual cycle, what her feelings are all about and her hygiene options.

More challenging: Your message must be detailed, explaining the cycle using new key terms, why Kiri feels different and why she shouldn't worry, as well as her hygiene options.

Mega challenging: As above but explaining the cycle using new key terminology in the correct context and analysing the pros and cons of which type of hygiene product might be best.



Plenary: Literacy Focus:

Complete your literacy focus task at your challenge level.

Be prepared to feedback and justify your ideas to the class.



Debate Plenary

"Money laundering is a minor crime. The government shouldn't be spending much money on investigating it."

To what extent do you agree with this statement?

Challenging:

Answer the question using the sentence starters.

Furthermore, _____

The government needs to prevent money laundering because _____

The consequences of this would be _____

More Challenging:

As part of your answer to the question, use a counter argument. This is when you address the opposite point of view and say why it is wrong.

For example:

Someone who dis- _____

They _____

_____ would say _____

is _____

counter arguments and use the _____

noun	Repetition for effect	Sem
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