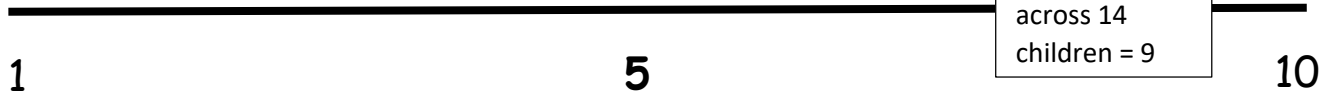




Relationships and Health Education Pupil Voice



How useful did you find the lessons?



What part of the sessions did you find the most useful?

Eg. Discussions, Paradise street, videos, delving deeper, personal reflection worksheets.

- Paradise Street because it had a real life example of what might happen
- Paradise Street, they were fun and I could relate to them.
- Delving Deeper discuss in funny way - it gave more good tips to deal with emotions.
- Delving Deeper because it discussed the topics in more detail
- Group discussion was useful, the booklets and reflection sheets helped me to remember.
- The Delving Deeper section gave good advice.
- The videos went into a lot of detail and the teachers gave good advice.

What have you learned that you didn't know before?

- I didn't know a lot before, now I know a lot about how my body will change
- I only knew before that I would grow taller and had spots - I know much more now about how I will change and about my emotions.
- We learned the names for our genitals. I don't get embarrassed saying them now!
- I learned how a baby grows in the mum's tummy.

How prepared do you now feel for coping with puberty and the changes to your body and emotions when they happen?

- I feel fine about puberty, I used to feel worried but the videos have really helped me feel comfortable.
- I feel prepared more than I did before the sessions.
- I feel fully prepared because of the good tips and coping skills for my emotions.

Overall the pupils became more confident to discuss puberty and use vocabulary learned in this context.