

Pizza Face

Written by Rex Ogle

Illustrated by Dave Valeza

A fantastic graphic novel that is perfect for exploring the topic of puberty, and touches on themes of poverty and friendships. Rex is having a hard time in 7th grade; from forehead spots, to body odour, to friendship troubles and more, it's a tricky time of highs and lows.



5 Objectives

Lesson 1:

I can tell you the basic changes that happen during puberty

Lesson 2:

I can tell you how my emotions will change during puberty

Lesson 3:

I can explain that all people will experience puberty differently

Lesson 4:

I can tell you how to get advice if I am unsure about anything relating to puberty

Lesson 5:

I can tell you all the positive things about growing up

Lesson 6:

Reflection and Evaluation.

Tags:

Puberty, physical changes, emotional changes, growing up

Sensitive Content in This Story

This book discusses the concept of physical and emotional changes during puberty in a humorous way. There will be varying degrees of knowledge about puberty in the class, and some children may have started puberty early. Some children may find the discussions in this unit uncomfortable or embarrassing, so a reminder about the Ground Rules can be useful at the start of lessons.

It is worth noting here that the book is written from the perspective of a cisgender, heterosexual person and therefore may not reflect the experiences and feelings of all children. Please use your professional judgement to tailor the lessons to suit the needs of the children in your class.

Throughout the story, there are some instances of language and concepts that may need further exploration. As such, as would not recommend this book is given to children to read independently.

Wellbeing skill links

Through this unit children will explore the following RSHE statutory (s) and PSHE non- statutory (n) wellbeing objectives.

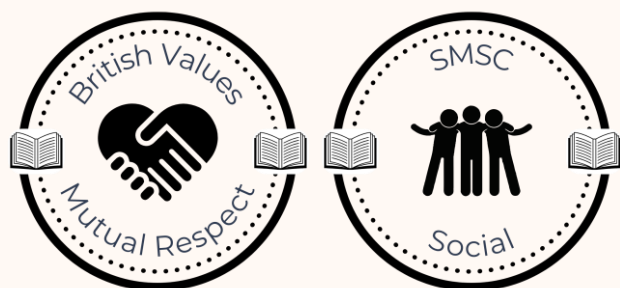
Being Safe (S)	Changing Adolescent Body (s):
How to ask for advice or help for themselves or others, and to keep trying until they are heard. (Lesson 4)	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. (Lesson 1, 2, 3, 4, 5)
Where to get advice e.g. family, school and or other sources. (Lesson 4)	About menstrual wellbeing including the key facts about the menstrual cycle. (Lesson 1, 3, 4)
Ourselves Growing and Changing (N):	
about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene (Lesson 4)	
Further Skill Coverage:	
<p>All Settle activities cover: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>All Training activities cover: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	

Literacy Links

Retrieval	Inference:	Vocabulary
<p>Check the book makes sense by discussing and re-reading the text</p> <p>Ask questions to improve understanding of a text</p> <p>Answer retrieval questions using evidence in the text</p> <p>Explain and discuss what has been read</p> <p>Distinguish between fact and opinion</p> <p>Discuss understanding of a text</p> <p>Know and discuss setting, character and event changes across a text</p> <p>Identify how text structure/presentation contributes to meaning and understanding</p> <p>Discuss how narrative content is related and contributes to meaning and understanding</p> <p>Discuss and explain how narrative content is related and contributes to meaning as a whole (explain setting, character and event changes across a text)</p>	<p>Check the meanings of words using teacher prepared definitions.</p> <p>Explain the meanings of words and know how to use in the correct context.</p> <p>Ask questions to improve understanding of vocabulary.</p> <p>Explore the meaning of words in context (asking questions, checking word meanings)</p> <p>Write own definitions for words.</p> <p>Use dictionaries to check the meaning of words read.</p> <p>Discuss how words and phrases have been used to build a picture for the reader.</p>	<p>Draw inferences such as inferring character's feelings, thoughts and motives from their actions and justifying inferences with evidence from the text and general knowledge</p> <p>Summarise the main ideas drawn from more than one paragraph</p> <p>Make plausible predictions about what might happen from details stated or implied and support with reference to the whole text</p>

SMSC and British Values

Through this unit, children will explore themes within the following Social, Moral, Spiritual and Cultural and British Values areas:



Lesson Content

All five of the lesson plans related to this book follow our STORY structure



S

Settle: Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing.



T

Training: Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling.



O

Objective: Introduce a wellbeing objective for children to focus on when they are listening to the story



R

Read: Read the story and discuss the following guided reading questions as a class.



Y

You: To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

There are some wonderful books for this age group on growing up, friendship worries and puberty:

[Emmy Levels Up by Helen Harvey](#)

[Talking to Alaska by Anna Woltz and Laura Watkinson](#)

[Smile by Raina Telgemeier](#)

[Growing Up: An Inclusive Guide to Puberty and Your Changing Body by Rachel Greener and Clare Owen.](#)

Websites can also be a useful source of information

[PSHE KS2: Operation Ouch! How are babies made? Puberty - BBC Teach](#)

[Puberty - The human reproductive system - 3rd level Science Revision - BBC Bitesize](#)