

## **Supporting Parents in Discussing Puberty with Your Child**

A fantastic website for adults to support them in talking to their children and how to answer questions (easy and more difficult!) which may arise. (The 'Tips by Age' section is particularly helpful).

<https://www.outspokeneducation.com>

Operation Ouch (iPlayer) Series 4, episode 10- Don't Panic About Puberty!

TV programme aimed at children. You could watch it first so you know what it discusses, then watch alongside your child to initiate a chat together about what may happen to their body as they get older.

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>

Operation Ouch (iPlayer) Series 8, episode 1 - We're Having a Baby (from 9mins 30-12 mins 30)

This goes into more detail than we do at school, but most children would find it fascinating and it would give them a deeper understanding of how babies grow inside a female's body.

<https://www.bbc.co.uk/iplayer/episode/m0008c07/operation-ouch-series-8-1-were-having-a-baby>

Newsround- Let's talk about periods.

[https://www.bbc.co.uk/iplayer/episode/m000t0zd/newsround-specials-lets-talk-about-periods?fbclid=IwAR1Z5Ou2tnp8k4fp7SoeWZi4Y-VTPT0zJdoW\\_kA\\_BhgNxLCn5xjipOZIY\\_I](https://www.bbc.co.uk/iplayer/episode/m000t0zd/newsround-specials-lets-talk-about-periods?fbclid=IwAR1Z5Ou2tnp8k4fp7SoeWZi4Y-VTPT0zJdoW_kA_BhgNxLCn5xjipOZIY_I)

Childline Website (Aimed at children, but useful to look at and discuss together)

[https://www.childline.org.uk/info-advice/you-your-body/puberty/?gclid=EA1aIQobChMI0pCu26aQ6QIVBdreCh1rQgCPEAMYASAAEgLUb\\_D\\_BwE&fbclid=IwAR1XcjcYK6TEg7P2L-2t2gCMGW9lhGGYW-y6-y5PUwm7XsDyzMvltMW\\_QZE](https://www.childline.org.uk/info-advice/you-your-body/puberty/?gclid=EA1aIQobChMI0pCu26aQ6QIVBdreCh1rQgCPEAMYASAAEgLUb_D_BwE&fbclid=IwAR1XcjcYK6TEg7P2L-2t2gCMGW9lhGGYW-y6-y5PUwm7XsDyzMvltMW_QZE)

'Busy Bodies' videos on puberty, babies being made and growing up.

<http://www.socialworkerstoolbox.com/education-puberty-10-14yrs-old-busy-bodies-adolescent-development-programme/>

How babies are made (from Busy Bodies)- includes cartoon images which may aid some children's understanding more than what we deliver in school

[https://www.youtube.com/watch?v=8ktKO\\_qVmPw](https://www.youtube.com/watch?v=8ktKO_qVmPw)

### **Books:**

What's Happening to Me? (Usborne) boys and girls edition

Kay's Anatomy: A Complete (and Completely Disgusting) Guide to the Human Body (About the whole body)