

# Supporting Your Child to Understand Puberty

Session for primary parents/carers

# In this session we will look at . . . .

- ▶ What your child learns at school in the primary years
- ▶ How to share about changes and puberty in a way reduces anxiety and confusion
- ▶ Think about visuals that are helpful to support
- ▶ Have the opportunity to think about what would be helpful to support you and your family

# By the end of primary the children will have explored

- ▶ Families and other people who care for me
- ▶ Caring friendships
- ▶ Respectful relationships
- ▶ Being safe online
- ▶ Being safe

# Teaching children change is normal

- ▶ Starting with changes that children will already be aware of and can relate to themselves already - pictures of themselves as babies and younger children and now - family pictures of parents as babies, children and now.
- ▶ Focus on change being positive and normal - what can they do now that they couldn't do when they were younger
- ▶ Visible changes that you can see - a range of pictures to see a range of different people

# Supporting our pupils to stay safe - at school

- ▶ Teaching personal space
- ▶ Bodies are private
- ▶ Clothes are worn in public - school is a public place
- ▶ Consent
- ▶ Knowing who can help me
- ▶ Private body parts



private



hands down



personal space

# Supporting your children at home . . . .

- ▶ Changing happens in “private spaces” or set places at home - bedroom (if not shared) bathroom
- ▶ Using the bathroom and toilet and locking the door
- ▶ Age appropriate interactions including with family members

# Puberty and changes in the body - physical and emotional

- ▶ Using proper names for private body parts
- ▶ Preparing without scaring for the changes that will come
- ▶ Explaining that not all changes happen to everyone - no set order
- ▶ Safety is the most important consideration

# Social stories and practical support

- ▶ Social stories that explain the changes that happen during puberty - physical changes to the body but also how hormones play a part in the emotional regulation
- ▶ Practical teaching - particularly around period support, showing and bathing, deodorant, shaving etc
- ▶ Understanding that the changes are leading to adulthood - puberty has an end point