# 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

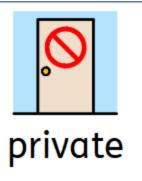
Starting with changes that children will already be aware of and can relate to themselves already - pictures of themselves as babies and younger children and now - family pictures of parents as babies, children and now.

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







#### 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