

Girls puberty pack for Parents/Carers

This pack contains:

1. Information sheet parents/carers
2. Social story for body changes and periods
3. List of possible activities/discussions
4. Set of symbols

This pack is yours to keep.

You will need to go over the activities and stories frequently for your child to understand.

If you would like to chat to someone about the pack, please contact Pastoral Team familysupport@bennerleyfields.derbyshire.sch.uk

When children know their bodies, they develop the awareness that keeps them safer and better equipped to advocate for their needs and boundaries.

Conversation starters

Using accurate words for all body parts, especially genitals, gives children the language that keeps them safe and informed. It is important to normalise the language used, as children learn through the reactions of others. If others laugh, or become embarrassed it becomes a habit they follow.

Consider how you and your family talk and react to conversations around bodies, puberty and changes, so you're consistent about what message you wish to send. Teaching about the functions of genitals, how to clean and care for them, the importance of privacy when enjoying the pleasures of self-touch are all important conversations to have.

Please use the website link below for more information:

<https://www.bennerleyfields.derbyshire.sch.uk/relationships-and-sex-education-rse/>

If you need any further information or resources that are specific to your family please contact the pastoral team on the above email address.