

What are home puberty packs?

We have worked with some parents and carers to develop packs for home regarding growing up, changes and puberty.

The packs are for use at home and have a range of possible activities and resources.

These packs take a lot of time to produce and we have been working extremely hard and will continue to do so on future packs.

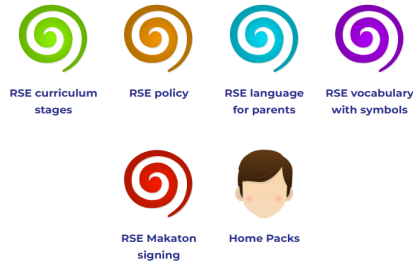
We are still working on packs for periods, masturbation, wet dreams, personal space and public and private. As soon as these are ready we will let you know.

If you need more specific support regarding any of these matters please contact Shirley on the email address below familysupport@bennerleyfields.derbyshire.sch.uk

Home Puberty Packs

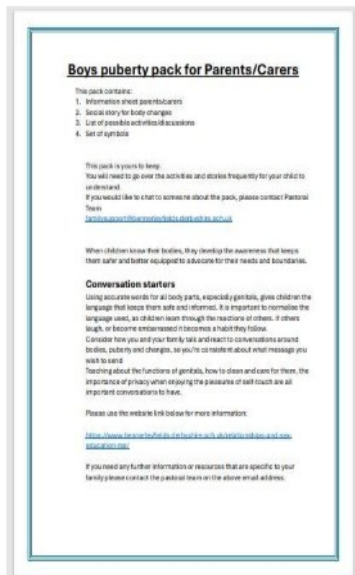
We are very excited to share that our first two puberty packs for home are now ready.

Please see our Relationship and Sex Education page on our website.:



Home packs will lead you to the boy and girl puberty packs

If you would like a paper copy of these packs., please contact Shirley (family support worker) .



Boy Puberty Page



RSE Day on 26 June 2025 is a day to celebrate Relationships, Sex and Health Education that promotes the wellbeing of, and safeguards, children, and young people. The theme this year is 'Communicate'.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that RSE is the responsibility of all and is an opportunity for families and schools to work in partnership.

Put up a whiteboard or chalkboard in a shared area at home. Use it to leave messages, reminders, questions, or pictures for one another. This is a fun way to stay connected and improve communication.

Play a game where family members have to express different emotions, actions, or needs without using words, just gestures, facial expressions, or drawings. Afterwards, talk about how we communicate in lots of different ways, not just by speaking.

Start a family kindness chain. Each day, add a link to a paper chain with a kind thing that a family member said or did for someone else. Reflect on how kind communication and acts strengthen relationships.

Go for a walk as a family and take turns pointing out sounds you hear, for example, birds, cars, footsteps. Afterwards, talk about what it means to really listen to the world and to each other.

Create a jar filled with conversation starters like "What made you smile today?" or "What's something you're worried about?". Take turns picking one each evening and discussing it together as a family.

Your support with the development of Relationship and Sex Education at school is very important to us.

Next year we will continue to have parent and carer sessions for RSE.

Date will be shared next academic year.