

It is essential to teach about puberty before pupils experience it—to ensure that their physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies, their emotions and understand how to keep themselves safe. This includes being able to tell someone about behaviour that worries them or makes them feel uncomfortable.

The first lesson focuses on some of the external changes that happen to the body. During the lesson, pupils will be recapping vocabulary for male and female body parts, including genitalia, previously learned in key stage one. Whilst you may highlight that children and adults sometimes use lots of different words for genitals, in this lesson you will use anatomic (scientifically correct) words. Explain to the pupils that some slang words (used to name genitalia) can be confusing and are sometimes even rude and disrespectful. Therefore, it is important to only use the anatomic words in these sessions.

Questions your child may ask after the lesson:

- Why is my body going to change?
- How is my body going to change?
- How old were you when your body changed?
- Do you know what puberty is?
- Is puberty different for boys and girls?



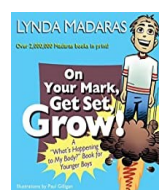
Resources for Parents:



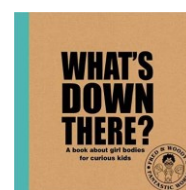
[Stages of puberty](#)



[Operation Ouch: Puberty Special](#)



[On Your Mark, Get Set, Grow!](#)



[What's Down There?](#)

[Bodies: Different Shapes and Sizes. All Beautiful!](#)