

Primary Menu - Children & Young People

The following PSHE sessions are available:

- **The Puberty Brain (Year 5 or Year 6):**
A session looking at the big emotions that are part of puberty, looking at the questioning 'puberty brain', how to manage your feelings, friendships and relationships. This session can also include questioning sexuality.
- **Puberty (Year 5 or Year 6):**
A session covering physical changes that happen to both boys and girls during puberty including periods and wet dreams.
- **Puberty (Year 4 girls only):**
A session discussing the practicalities of growing up and having periods.
- **Being Happy (Year 3 and/or Year 4):**
A practical session which encourages children to recognise their emotions, be positive and feel good; plus identify adults who can help them.
- **Keep Safe (Years 1 - 6):**
Private and public parts of your body, appropriate and inappropriate touching, including consent and how to say NO!
- **Coping with SATs (Year 6):**
Explaining that some stress is normal and offering practical tips on how to cope on the day and if you feel overwhelmed. Can be offered as a joint session with parents.

Parent & Carers

- **1:1 Session with Parents:** Discussing any issues or concerns they may have about their child. We will complete a full health assessment then either refer on where appropriate or offer suggestions and strategies. A follow up session will be offered as needed. (Maximum 2 sessions)
- **Meerkat or Grizzly:** Which is your child? Top tips for taming both - a session for parents about managing your child emotions.
- **Let's Talk about Puberty:** An interactive session supporting parents to feel confident to talk to their children about puberty and everything that happens!