

Puberty

Learning together about *Puberty*

Welcome to the unit we call **Puberty**. This unit is part of our programme of learning called Relationships, Sexual Health and Parenthood (RSHP) education. When we do our RSHP education we focus on the needs of each and every learner in the classroom. We want to develop their communication, cognitive, physical and self-help and independence skills.

The unit on **Puberty** is important because children and young people need to learn that they are growing up and that their body will change as this happens. Children and young people with complex additional support needs usually grow up and go through puberty like every other child, but some may go through puberty early, some may have puberty delayed, and sometimes medication can impact on timing and experience of puberty.

With open discussion about our body and a positive focus on the changes that come with puberty we can ensure that children and young people are prepared for puberty. It is important that learning begins before the obvious signs of puberty. Learning will help avoid stress or distress that can come with not understanding these natural processes and changes as they happen.

It is important for learners that there is a close relationship between school and home when it comes to learning about puberty. This will help make sure everyone works together to promote independence and wellbeing. While we can plan some of this learning a lot of learning also happens in what people sometimes call 'teachable moments', so in situations such as when a girl is managing periods, or when a boy has an erection.

With the right level of support and resources children and young people who take part in activities as part of the **Puberty** unit will learn:

- They are growing up.
- Their body changes as they grow from a boy to a man/from a girl to a woman.
- That changes are a good thing.
- That changes happen to all boys and girls.
- That this time of change is called puberty.
- To indicate to an adult if they are upset.

You will find the unit about puberty here: <https://rshp.scot/complex-asn-draft/>