

Teaching about the changing adolescent body

Puberty myths for boys

https://www.youtube.com/watch?v=cZgyITrB_-o

Video on puberty from girls point of view

https://players.brightcove.net/4934638104001/default_default/index.html?videoId=5837586372001

Video on puberty from boys point of view

https://players.brightcove.net/4934638104001/default_default/index.html?videoId=5837590170001

Wellcaster- Puberty in girls

https://www.youtube.com/watch?v=j_mFJ2d0qxQ

Wellcaster- Puberty in boys

<https://www.youtube.com/watch?v=Yvw7QGytgNQ>

Inside puberty – Wellcaster

Menstruation what to expect

<https://www.youtube.com/watch?v=DBe7-PHRav8>

Period hygiene- tampons,pads, menstrual cups

<https://www.youtube.com/watch?v=kmWbOC8Fbb0>

Boys body Q&A NHS

<https://www.nhs.uk/live-well/sexual-health/boys-bodies-faqs/>

Puberty – what’s happening to my body? The Big Talk BBC

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7>

Physical changes girls puberty

<https://www.menstrupedia.com/articles/puberty/physical-changes-girls>

My period resources

<https://www.heygirls.co.uk/education/schools/>

Changes in boys puberty

<https://www.youtube.com/watch?v=G57Suq7JpQE>

What boys want to know about puberty

https://www.youtube.com/watch?v=RJtbLfJ_kRk

<https://www.youtube.com/watch?v=Rsj6dW6qKRc>

Can puberty affect your head as well as your body?

<https://riseabove.org.uk/article/can-puberty-affect-your-head-as-well-as-your-body/>

Video on growing up (some secondary content)

<https://riseabove.org.uk/article/kickthepj-talks-about-growing-up/>

Busy Bodies is a useful resource to help support both teachers and parents in providing information on puberty to children aged between 10 and 14.

https://www.healthpromotion.ie/health/inner/busy_bodies

Brook podcasts on variety of RSE/Sex Education topics

<https://www.sexediaries.org/episode-details>

Video on puberty- check for secondary content but good for linking emotions and physical change

<https://riseabove.org.uk/article/kickthepj-talks-about-growing-up/>

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7>

Wet dreams

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-sticky-situation/z6jxnrd>

Autism and puberty

<https://www.autism.org.uk/about/communication/sex-education.aspx>

Growing up with Yasmine and Tom

<https://www.fpa.org.uk/relationships-and-sex-education/growing-up-with-yasmine-and-tom>

Stages of puberty

https://www.always.co.uk/en-gb/tips-and-advice-for-women/puberty/stages-of-puberty-in-girls?gclid=Cj0KCQjwgJv4BRCrARIsAB17JI4oQHEi40OM-wnE3wcg3rU6g7NT7P7reJ9QDR2LyHLpmguV9mIQs8oaAnD0EALw_wcB

Puberty in girls

https://tampax.co.uk/en-gb/tampax-articles/parenting-advice/8-stages-of-puberty?gclid=Cj0KCQjwgJv4BRCrARIsAB17JI5_a0RaeaFE3pzyAz_MSjur9KbSeL8Sg-8KZDt7ioEBwUZCIWmmTPMaAgnOEALw_wcB

NHS stages of puberty

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

Video on puberty and children with ASD

<https://raisingchildren.net.au/autism/development/physical-development/preparing-for-puberty-asd>

Talking to parents about puberty

<https://www.youtube.com/watch?v=G2vID0eJ0S8>

Reading

<https://www.teachstarter.com/gb/blog/talking-to-students-about-difficult-topics-part-1-explaining-puberty-2-2/>

<https://medlineplus.gov/ency/article/002003.htm>

<https://educationpost.org/puberty-is-hard-and-so-is-teaching-about-it/>

<https://www.pshe-association.org.uk/news/joint-briefing-teaching-about-puberty-key-stage-2>

<https://pubertycurriculum.com/why-teach-puberty-at-all/>

<file:///Y:/Projects/RSE%20Resources/Module%20One%20-%20Teaching%20Wellbeing/wellbeing%20resources/PDFs%20and%20word%20documents%20for%20wellbeing/Gender%20inclusive%20Puberty%20.pdf> gender inclusive

Social stories on puberty

blog.able2learn.com/2016/02/how-to-teach-autism-puberty-through-free-social-stories-and-5-helpful-tips/