**Course Title: Puberty education – when, why and how? – Supporting primary age children to manage puberty.**

Below you will find some useful links to free resources that may help you to plan your puberty education.

**Useful links**

[DfE training slides on changing adolescent body](https://www.gov.uk/government/publications/teacher-training-changing-adolescent-body)

[NHS puberty changes](https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/)

**Video resources**

Video resources can be useful as a way into a discussion or activity. Always check the content of videos prior to sessions to ensure they are in line with your school policy and ethos.

[www.amaze.org](http://www.amaze.org) – an American site that has videos on lots of different RSE topics.

[BBC Operation Ouch puberty](https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special)

[Wellcast puberty](https://youtu.be/6Dg2eMCx9TE) – American breakdown of puberty changes

**Free teaching resources**

[RSHP Scotland](https://rshp.scot/second-level/)

[Goodness and Mercy CE scheme](https://goodnessandmercy.co.uk/teaching-resources/)