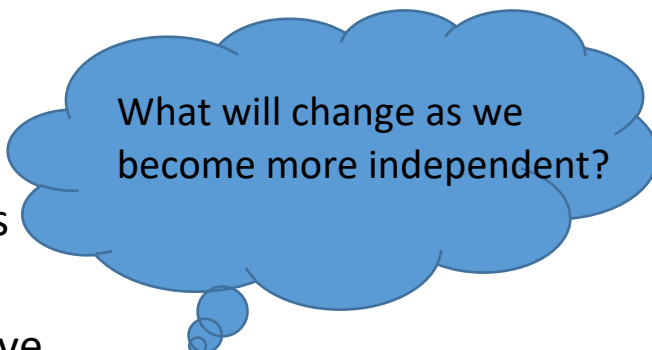


# RELATIONSHIPS – Growing up

As we grow, we will experience both physical and emotional changes. Many of these changes occur during puberty. Sometimes, when things change, it can affect your feelings. How you feel may affect how you behave. All feelings are okay but not all behaviours. Sometimes we have to manage our behaviours.



What will change as we become more independent?

## There is no such thing as a perfect body!

### PUBERTY

The school nurse will visit school to deliver a lesson on puberty. They will:

- describe the physical and emotional changes that occur during puberty and how to manage these
- identify myths and facts about puberty, and what is important for a young person to know
- demonstrate how to begin conversations (or ask questions) about puberty with people that can help
- help pupils respect and care for their own bodies
- help pupils explore changing feelings that occur during puberty

### KEY VOCABULARY

person	child
puberty	changing
growing	physical
bodies	future
teenager	adult
feelings	emotions

### TRANSITION

A member of staff from Excelsior will visit school with former pupils. They will:

- explore the conflicting feelings that children may have about starting secondary school
- recognise, talk about and discuss how to manage feelings about changing schools
- identify myths and facts about transition to secondary school
- help pupils make a successful start to their new school
- discuss how people will help them to make a successful transition