

**E4S KS2 Body Changes and Puberty Parent Input**

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| **Cornerstone** | RSE |
| **Concept** | Identity |
| **Theme** | Body changes and puberty |
| **Key Questions** | Teachers have used the questions and statements from the E4S curriculum to plan lessons on body changes and puberty, which are delivered throughout the year according to the school’s scheme of work. This is what your child will be learning about in the upcoming scheme of work:* How has my body changed since I was a baby?
* What kind of feelings come with puberty?
* What happens to people’s bodies when they grow up?
* What do we need to know about these changes and who can we talk to?
* What are the physical and emotional changes in puberty?
* Is puberty the same for everyone?
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| **Questions to consider with your child**  | Do you have feelings that feel like a rollercoaster?Can big feelings make you tired? Who could you talk to or where could you find reliable information if you wanted to know more?Why is your body changing/going to change?How is your body changing/ going to change?Do you know how puberty is different for different people? |
| **Resources for parents** | Please find additional support and guidance for parents below[NHS: 'Stages of Puberty'](https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/) [Mkchildrenshealth: 'Puberty for parents'](https://www.mkchildrenshealth.cnwl.nhs.uk/parents-and-carers/health-and-wellbeing-zone/puberty/) [Feelings Book: 9-12 year olds](https://www.amazon.co.uk/Feelings-Book-Revised-Keeping-Emotions/dp/1609581830)[Boys Body Book](https://www.amazon.co.uk/Boys-Body-Book-Kelli-Dunham/dp/1604338326/ref%3Dasc_df_1604338326/?tag=googshopuk-21&linkCode=df0&hvadid=256158169866&hvpos=&hvnetw=g&hvrand=16180242138136784843&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1006661&hvtargid=pla-645046214760&psc=1&th=1&psc=1) [Girls Body Book](https://www.amazon.co.uk/Girls-Body-Book-Kelli-Dunham/dp/1604338334/ref%3Dasc_df_1604338334/?tag=googshopuk-21&linkCode=df0&hvadid=311233467079&hvpos=&hvnetw=g&hvrand=13221696870239099444&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1006661&hvtargid=pla-752129079545&psc=1&th=1&psc=1) [NHS: 'Information on starting periods'](https://www.nhs.uk/conditions/periods/starting-periods/)  |