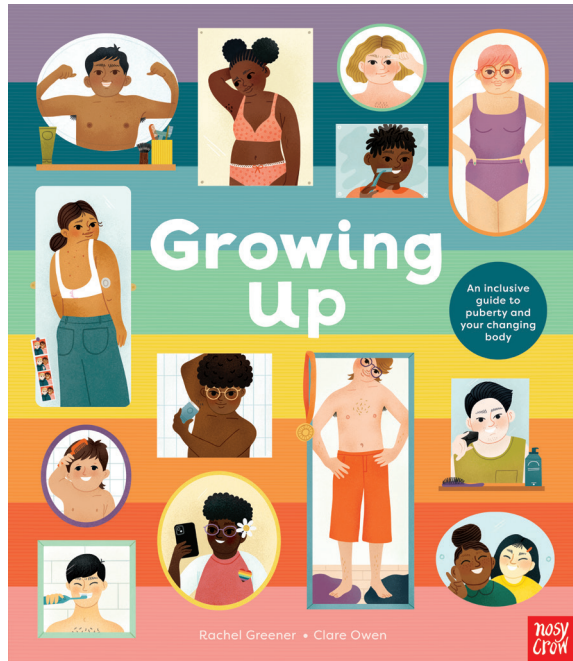


Teaching PSHE using *Growing Up*



Notes for Teachers from author Rachel Greener

*Growing Up: An Inclusive Guide to
Puberty and Your Changing Body*
By Rachel Greener
Illustrated by Clare Owen
978 1 83994 700 1 • HB

Growing Up was created with the latest PSHE curriculum in mind and, therefore, covers a lot of the topics mentioned in the 'Changing Adolescent Body' section. Below we have listed and described how *Growing Up* connects with the curriculum so that you, as a teacher, can use this book to inform your class about the changes their bodies are going to go through.

New Curriculum: RSHE/PSHE – The Changing Adolescent Body

Summary of document from:

[Teaching about the changing adolescent body - GOV.UK](https://www.gov.uk/guidance/teaching-about-the-changing-adolescent-body)

From September 2020 schools must have regard to the new statutory guidance for teaching about the changing adolescent body as part of health education. The guidance explains how this teaching will benefit pupils.

STATUTORY GUIDANCE

Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure all pupils are prepared for changes they and their peers will experience.

LGBT+ INCLUSION

Primary schools are enabled and encouraged to cover LGBT (lesbian, gay, bisexual and transgender) content if they consider it age appropriate to do so. Secondary schools should include LGBT content.

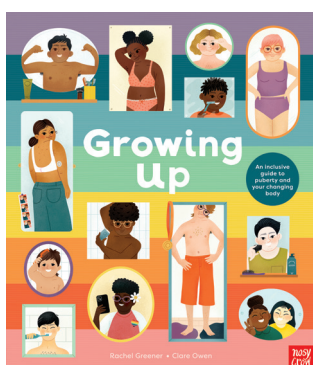
When doing so, schools should ensure:

- LGBT-relevant knowledge and examples are included throughout programmes of study (not one-off teaching)
- Inclusive language is used, considering how individual pupils may relate to particular topics

MIXED GROUPS

Avoid segregating by gender unless there is a clear rationale for doing so in order to meet the needs of pupils (e.g. giving pupils assigned female at birth a chance to ask questions about menstruation).

Ensure pupils have opportunities to ask teachers questions in small groups or individually if they have personal concerns about topics.



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STATUTORY GUIDANCE

Schools should consider what they can do to foster healthy and respectful peer-to-peer communication and behaviour between pupils, and provide an environment, which challenges perceived limits on pupils based on their gender or any other characteristic, including through these subjects and as part of a whole-school approach.

INTRODUCING PUBERTY (core ages 8–11)

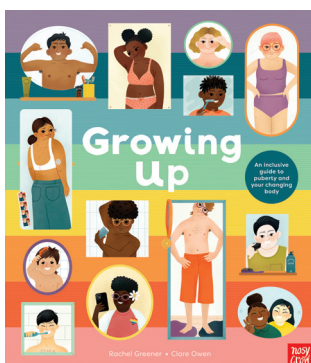
Teach that puberty is part of the human life cycle. It is the process of growing into an adult and becoming able to reproduce.

Explain that puberty usually starts between the ages of 8 and 14 and lasts for up to four years. Children will start puberty at different times.

It is important to introduce all pupils to the idea of puberty before they are likely to start.

Primary school topics to be covered (core ages 8–11 but can introduce earlier):

- Hormones that affect all children
- Hormones that affect children assigned male or female at birth
- Changes to a child assigned female at birth's body during puberty
- The menstrual cycle/Menstruation
- Menstrual products
- Menstrual wellbeing
- Changes to a child assigned male at birth's body during puberty
- Understanding the penis
- Erections
- Ejaculation (including wet dreams)
- Emotions and behaviour (including changing friendships)



All of the above are covered at an age-appropriate level (6+) in *Growing Up*.

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We have also covered (under different primary RSHE/PSHE topic guidance):

- Consent and boundaries at an age-appropriate level (6+/ framed through the prism of friendship)

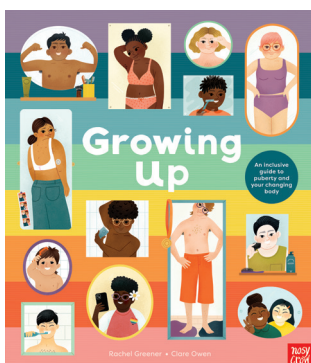
[Teaching about consent - PSHE Association](#)

- Online safety at an age-appropriate level (6+)
- Cyberbullying/digital footprint at an age-appropriate level (6+, in 'further reading' section of *Growing Up*)

[Teaching online safety in schools - GOV.UK](#)

Non statutory content covers:

- Gender and identity (in 'further reading' section of *Growing Up*)
- Safe places to seek help and advice (outside of a school or home environment)



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