

RSE -Websites and Resources

[AMAZE - Age appropriate info on puberty for tweens and their parents](#) Clear, accurate language, with many short videos that help explore various topics around puberty, body changes, periods etc.

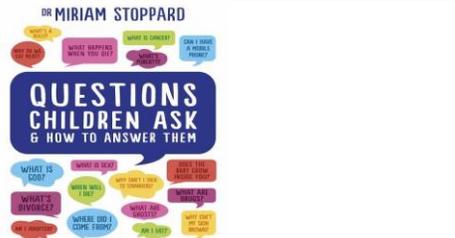
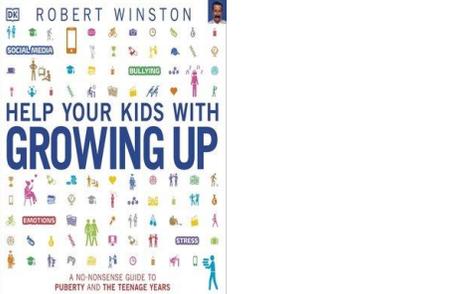
[BBC iPlayer - Operation Ouch!](#) Series 4 episode 10-don't panic about puberty –In this special episode Dr Chris and Dr Xand take a look at what happens to your body, and why, when you reach puberty.

Websites and Resources for children with additional learning needs.

[Sex education - a guide for parents \(autism.org.uk\)](#) -good advice from the National Autistic Society and talking about puberty to a child with autism.

[Susan's Growing Up — Beyond Words \(booksbeyondwords.co.uk\)](#) -books on growing up for parents to share with children with learning disabilities.

Books on Puberty and growing up

<p>Questions children ask and how to answer them By Miriam Stoppard</p>	<p>This book provides age-appropriate answers to a large range of questions that children ask. The author draws on research in child development and addresses what children can handle at each age.</p>	
<p>Help your kids with growing up By Robert Wilson</p>	<p>This book demystifies puberty for parents and their children and covers issues such as social media and sexting, while also explaining mood swings, periods and breaking voices.</p>	
<p>What's happening to me? By Susan Meredith</p>	<p>A series of books to help children aged 9 and above understand body changes during puberty and adolescence.</p>	
<p>It's Perfectly Normal: changing bodies, growing up, sex and sexual health By Robie H Harris</p>	<p>A book about changing bodies and growing up, covering a range of topics from puberty, gender identity, sex and birth.</p>	