

Relationships and Sex education

Summer term overview



Relationships and Health Education is compulsory in Primary Schools. We must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching RSE, we must have regard to the statutory guidance from the DfE

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

The [National Curriculum](#) for Science includes content about human body parts, growth, puberty and reproduction taught in UKS2. Parents do not have the right to withdraw from this aspect of the curriculum.

Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is statutory and forms a part of the national curriculum as it is important that all children receive this content, covering topics such as friendships and how to stay safe.

At Staynor Hall Community Primary, we are teaching Sex Education. The document shows the relationships (covered in Summer 1) and sex education (covered in Summer 2) overview broken down into lessons. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. This must be a written request that is given to the headteacher (found [here](#)). Mrs Winter will then contact you to discuss this further. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

Week 1

Lesson aim:

To know and identify the members of my family and understand that there are lots of different types of families (incl marriage).

Vocab:

Families Single parent
Belong Grandparent
Different Carer
Same Blended family
Marriage Step parents
Same-sex Co-parenting
Fostered
Adopted

Week 2

Lesson aim:

To know how to identify what being a good friend means to me.

To know how to recognise my qualities as a person and a friend.

Vocab:

Friends Confidence
Friendship Self-belief
Qualities Skills
Caring
Sharing
Kind

Week 3

Lesson aim:

To know how to tell you why I appreciate someone who is special to me.

Vocab:

Celebrate
Relationships
Special
Appreciate
Feelings

Resources to help support learning at home:

Book list



Not all families are the same. Each family is different, unique and special.

This is the beginning of a children's book about family diversity. What types of families are there? And what special thing makes them a family? These are some of the answers we want to offer to encourage tolerance towards others.

PENGUINPIG



The story features a little girl who becomes intrigued by a penguinpig that she encounters online. When she takes the decision to go out and meet the penguinpig for herself, she finds that things are not always as they seem on the internet and that from now on she must think before she clicks.

Useful websites that provide more information for you as parents

<https://www.bbc.co.uk/teach/class-clips-video/ks1-pshe-relationships-our-family-index/zwb2jsg>

Year 1 Summer 1 Relationships



Week 4

Lesson aim:

To know who can help me in my school community.

Vocab:

Help
Helpful
Community
Feelings

Week 5

Lesson aim:

To know the people who look after me, my networks and who to go to if I am worried about anything on and offline and how to attract their attention.

Vocab:

Online Trusted
Offline Report
Safe Safety
Unsafe

Week 6

Lesson aim:

To know appropriate ways of physical contact to greet my friends and know which ways I prefer.

To know how to listen to other people and

show them respect.

Vocab:

Greeting Dislike
Touch Personal space
Feel Consent
Texture
Like

Week 1

Lesson aim:

To know that humans and animals are part of a life cycle

Vocab:

Baby, adult, growing up, life cycle, change

Week 2 and 3

Lesson aim:

To know the names of parts of the body

Vocab:

Eyebrow, forehead, arm, leg, knee, toes, head, mouth, ears, shoulders, feet, fingers, elbow

Week 4

Lesson aim:

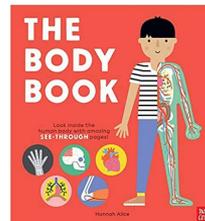
To know that private parts are private.

Vocab:

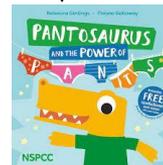
Private parts, pants, consent, personal space

Resources to help support learning at home:

Book list



Each page covers a different function of the human body, from breathing air and pumping blood to moving around and - yes - making waste.



Pantosaurus can't wait to wear his new pants. Dinodad says they'll give him special powers! But, when Pantosaurus has a problem at school, will his super pants give him the power to speak up?

Useful websites that provide more information for you as parents

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>



Year 1 Summer 2 Sex education

Week 5

Lesson aim:

To know how and who to ask for help when needed.

Vocab:

Trusted adults, help, worry, ask, home, school, community

Week 1

Lesson aim:

To know and identify the different members of my family and **how they may be different to other families**, understand my relationship to each of them and why it is important to share and cooperate.

(incl marriage)

Vocab:

Families	Single parent
Belong	Grandparent
Different	Carer
Same	Blended family
Marriage	Step parents
Same-sex	Co-parenting
	Fostered
	Adopted



Week 2

Lesson aim:

To know how to identify some of the things that cause conflict with my friends and how to use positive problem-solving to resolve conflicts.

Vocab:

Friends	Repair
Likes/Dislikes	Resolve
Conflict	Reflect
	Point of view
	Positive problem solving

Week 3

Lesson aim:

To know and appreciate people who can help me in my family, my school and my community.

To know how to express my appreciation for the people in my special relationships.

Vocab:

Trust	Compliments	Appreciate
Trustworthy	Celebrate	
Honesty	Positive	
Reliability	Negative	

Year 2 Summer 1 Relationships

Week 5

Lesson aim:

To know the people who look after me and who to go to if I am worried about anything on and offline and how to attract their attention with them including if I experience or witness it.

Vocab:

Online	Report
Offline	Safety
Safe	Witness
Unsafe	Internet
Trusted	Risk

Week 6

Lesson aim:

To know that there are lots of forms of physical contact within a family and I identify which types of touch I like and don't like (including between peers).

To know that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.

Vocab:

Touch	Acceptable	Happy
Physical contact	Not acceptable	
Communication	Personal space	
Hugs	Consent	Sad
Like	Secret	
Dislike	Good secret	
Worry secret	Adult	Trust

Week 4

Lesson aim:

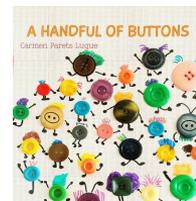
To know how to identify and respect differences and similarities between people of different backgrounds (ethnic, cultural, physically).

Vocab:

Respect	Identify
Difference	
Similarities	

Resources to help support learning at home:

Book list



Not all families are the same. Each family is different, unique and special. This is the beginning of a children's book about **family diversity**. What types of families are there? And what special thing makes them a family? These are some of the answers we want to offer to encourage **tolerance** towards others.

PENGUINPIG



The story features a little girl who becomes intrigued by a penguinpig that she encounters online. When she takes the decision to go out and meet the penguinpig for herself, she finds that things are not always as they seem on the internet and that from now on she must think before she clicks.

Useful websites that provide more information for you as parents

<https://www.bbc.co.uk/teach/class-clips-video/ks1-pshe-relationships-our-family-index/zwb2jsg>

Week 1

Lesson aim:

To know how my body has changed from birth to a child.

Vocab:

Baby, child, growing up, change, different, body

Week 2

Lesson aim:

To know that life cycles involve ageing as a natural process.

Vocab:

Growing up, old, young, change, appearance, age, ageing

Week 3

Lesson aim:

To know what personal boundaries are and understand that other people need to ask to come into my personal space.

Vocab:

Like, dislike, personal space, consent, private parts

Week 4 and 5

Lesson aim:

To know the name of the male and female private body parts (including when is appropriate to use the correct terminology).

Vocab:

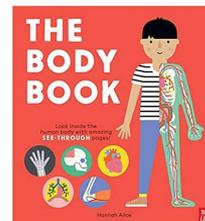
Penis, breasts, Vulva, bottom, girls, boys, female, male, different, private, gender



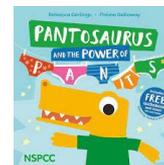
Year 2 Summer 2 Sex education

Resources to help support learning at home:

Book list



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Pantosaurus can't wait to wear his new pants. Dinodad says they'll give him special powers! But, when Pantosaurus has a problem at school, will his super pants give him the power to speak up?

Useful websites that provide more information for you as parents

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Week 1

Lesson aim:

To know and identify the roles and responsibilities of each member of my family (as well as others)
To know that gender stereotypes can sometimes be unfair.

Vocab:

Men , women , male, female , unisex , role , job , responsibility , differences , similarities , respect, stereotype, same-sex, fostered, adopted, single parent, grandparent, carer, blended family, step parents, co-parenting

Week 2

Lesson aim:

To know how to express my appreciation to my friends and family.
To know how to identify and put into practice some of the skills of friendship.

Vocab:

Happiness, conflict, solution, problem-solving, friendship, win-win, repair, resolve, reflect, celebrating, relationships, friendship, family, thank you, appreciation

Week 3

Lesson aim:

To know how some of the actions and work of people around the world help and influence my life.

To know how my needs and rights are shared by children around the world and can identify how our lives might be different.

Vocab:

Global, communication, transport, interconnected, food journeys, climate, trade, inequality, needs, wants, rights, deprivation, united nations, equality, justice



Year 3 Summer 1 Relationships

Week 4

Lesson aim:

To know some strategies for keeping myself safe online.
To know how to listen to and show respect for the views of others both on and offline

Vocab:

happiness , celebrating, relationships, friendship, family, thank you , appreciation, safe, unsafe , risk, internet , social media , private messaging , gaming

Week 5

Lesson aim:

To know the people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention

Vocab:

Safe, unsafe, risk, internet, social media, private messaging, gaming

Week 6

Lesson aim:

To know the difference between secrets and surprises and understand not to keep adult secrets both on and offline and when to support a friend to tell a trusted adult.

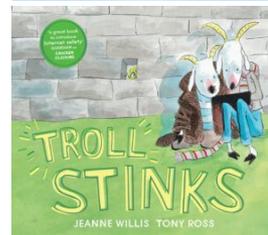
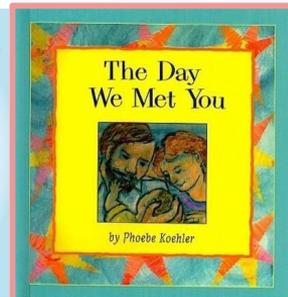
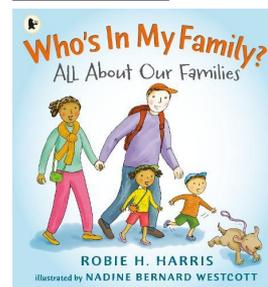
To know and judge what kind of physical contact is acceptable or unacceptable and how to respond -including who I should tell and how to tell them.

Vocab:

Touch, inappropriate touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, not acceptable, secret, surprise, personal space, consent, telling, adult, trust, frightened

Resources to help support learning at home:

Book list



Useful websites that provide more information for you as parents

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/keeping-children-safe-online>

<https://www.childline.org.uk/get-support/contacting-childline/>

Week 1

Lesson aim:

To know that in nature it is usually the female that carries the baby.

Vocab:

Female, animals, nature, carry, baby

Week 2

Lesson aim:

To know that in humans a mother carries the baby in her uterus (womb) and this is where it develops.

Vocab:

Mother, baby, uterus, womb, develops, grows

Week 3

Lesson aim:

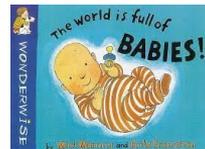
To know that babies need love and care from their parents/carers.

Vocab:

Love, affection, care, parents, carers, looking after

Resources to help support learning at home:

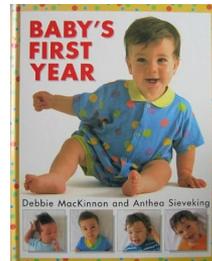
Book list that may support discussions



This book looks at what babies do and need and compares these needs with the needs of animal babies.

Baby's first year by Debbie MacKinnon

Includes photographs of a baby and what he can do and what he needs at different ages in his first year.



Year 3 Summer 2 Sex education

Week 4 and 5

Lesson aim:

To know some of the changes that happen between being a baby and a child.

Vocab:

Changes, growing up, grow, baby, child, toddler

Week 1

Lesson aim:

To know and identify someone I love and can express why they are special to me (incl those in adult relationships) I know how most people feel when they lose someone or something they love.

Vocab:

Love, loss, strategy, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hopelessness, relief, acceptance

Week 2

Lesson aim:

To know how to tell you about someone I know that I no longer see because they have died. I know we can remember people even if we no longer see them because they have died.

Vocab:

Souvenir, memento, memorial, loss, memories, special, remember

Week 3

Lesson aim:

To know and recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. To know how to show love and appreciation to the people and animals who are special to me.

Vocab:

Friendships, negotiate, compromise, trust, loyalty, anger, betrayal, empathy
Repair, special, love, appreciation, symbol, Resolve, care, attraction, personal, comfortable
Reflect, relationships



Year 4 Summer 1 Relationships

Week 4

Lesson aim:

To know how to recognise situations which cause jealousy in relationships and suggest strategies to help when this happens.

Vocab:

Relationship Emotions
Close Positive
Jealousy Negative
Problem-solve

Week 5

Lesson aim:

To know people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention

Vocab:

Safe Private messaging
Unsafe Gaming
Risk Personal
Internet Private
Social media

Week 6

Lesson aim:

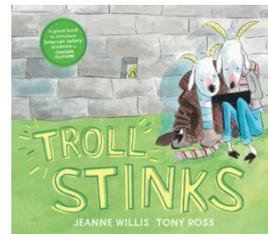
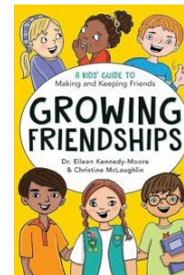
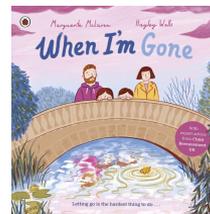
To know about physical boundaries and how to say no to unwanted touch. To know how to gain consent for appropriate touch.

Vocab:

Touch, inappropriate touch, physical contact, communication, hugs, acceptable, not acceptable, personal space, consent, telling, adult, trust, boundaries, unwanted

Resources to help support learning at home:

Book list



Useful websites that provide more information for you as parents

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/>

Week 1 and 2

Lesson aim:

To understand why menstruation happens in women once they reach puberty.

Vocab:

Menstruation, periods, puberty, female, change, sanitary products, vagina, vulva, egg, fallopian tube, hormones, cervix, fertilised

Week 3

Lesson aim:

To know that personal hygiene is important during puberty and as an adult.

Vocab:

Personal hygiene, puberty, adult, care, look after

Week 4

Lesson aim:

To know that change is a normal part of life and that some cannot be controlled and have to be accepted.

Vocab:

Change, control, acceptance, looking forward, emotions



Year 4 Summer 2 Sex education

Week 5

Lesson aim:

To know that change can bring about a range of different emotions.

Vocab:

Emotion, excited, nervous, anxious, happy, worried

Resources to help support learning at home:

Book list that may support discussions



Topics covered include how a girl's body changes, breast development and bra options, parts of girl's genitals, menstruation, self-care (physical and emotional), privacy and consent, and how to navigate friendships and family dynamics. A glossary, resources list, and a reference list provide a jumping off point for more learning and exploration.

Useful websites that provide more information for you as parents

<https://kidshealth.org/en/parents/talk-about-menstruation.html>

<https://www.planetpuberty.org.au/the-body/hygiene/keeping-your-body-hygienic/>

<https://www.bbc.co.uk/bitesize/articles/zvwb3j6#zs2ssk7>

Week 1

Lesson aim:

To know how to give an accurate picture of who I am as a person in terms of my characteristics and personal qualities.

Vocab:

Characteristics
Personal qualities
Attributes
Self-esteem

Week 2

Lesson aim:

To know the importance of being respectful to everyone and to recognise and care about others people's feelings.
To know how to challenge another person's viewpoint if appropriate.

Vocab:

Characteristics
Personal qualities
Attributes
Self-esteem

Week 3

Lesson aim:

To know that belonging to an online community can have positive and negative consequences (including people I do not know)

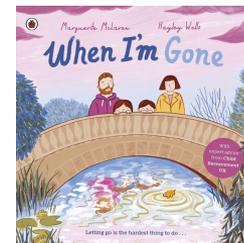
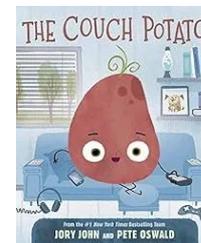
To know that there are rights and responsibilities in an online community/ social network or when playing an online game.

Vocab:

Responsibility
Being responsible
Age restriction

Resources to help support learning at home:

Book list



Useful websites that provide more information for you as parents

UK safer internet centre-
<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

Staying safe online
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

How to deal with peer pressure
<https://www.bbc.com/ownit/the-basics/eman-peer-pressure>

<https://www.thinkuknow.co.uk/>

Year 5 Summer 1 Relationships



Week 4

Lesson aim:

To know how to recognise when I am spending too much time using devices.

Vocab:

Devices, screen-time, social, off line, mental health, physical health

Week 5

Lesson aim:

To know what boundaries are appropriate in friendships with peers and others both on and offline.

Vocab:

Personal information, safe, online, choices, vulnerable, risk, rights, responsibilities, grooming

Week 6

Lesson aim:

To know how to stay safe when using technology to communicate with my friends.

To know people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention.

Vocab:

Personal information, safe, online, choices, vulnerable, risk, rights, responsibilities, grooming
Age restriction, community, violence, appropriate, grooming, gambling/betting, trustworthy

Week 1 and 2

Lesson aim:

To know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.

Vocab:

Puberty, sperm, testicles, penis, foreskin, wet dream, ejaculation, larynx, facial hair, pubic hair, growth spurt, hormones, menstruation, periods, puberty, female, change, sanitary products, vagina, vulva, egg, fallopian tube, hormones, breasts, hair, hips, reproductive cycle, fertilised, erection, genitals.

Week 3 and 4

Lesson aim:

To know that sexual intercourse can lead to conception.

Vocab:

Sexual intercourse, conception, having sex, making love, embryo, relationships, contraception, fertilised, unfertilised, pregnancy, fallopian tube (this will involve the vocabulary taught in lesson 1)

Week 5

Lesson aim:

To know that some people need help to conceive and might use IVF.

Vocab:

Foetus, fertility treatment (IVF), embryo, foetus, fertilised

Week 6

Lesson aim:

To know what perception means and that perceptions can be right or wrong.

Vocab:

Body-image, self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison

Year 5 Summer 2 Sex education

Websites to support parents

Please see additional slide for more information

Resources to help support learning at home:

Book list that may support discussions



Topics covered include how a girl's body changes, breast development and bra options, parts of girl's genitals, menstruation, self-care (physical and emotional), privacy and consent, and how to navigate friendships and family dynamics. A glossary, resources list, and a reference list provide a jumping off point for more learning and exploration.



Topics covered include how a boy's body changes, underwear options, parts of boy's genitals, self-care (physical and emotional), privacy and consent, managing emotions and how to navigate peer pressure, friendships and family dynamics.



Year 5 Summer 2 Sex education

Useful websites that provide more information for you as parents

How are babies made

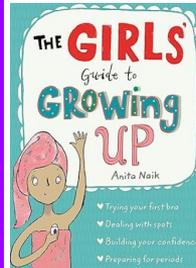
<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-full-programme/zhtnydm>

Resources to help support learning at home:

Book list that may support discussions



sensitive, informative guide to puberty for girls tackles everything from body image to mood swings, hormones and first bras. Bright, cartoon-style illustrations and scientific diagrams explain the physical and emotional changes of growing up in a simple and reassuring way, while the contents and index pages make key topics easy to find.



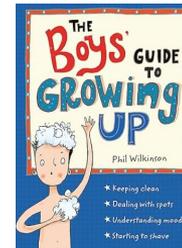
A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty.

Resources to help support learning at home:

Book list that may support discussions



This volume is a detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.



A friendly, reassuring and positive guide for boys as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'. He reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty.



Session 1

Lesson aim:

To know and recognise when people are trying to gain power or control (aggressive/ assertive behaviour) including grooming.

Vocab:

Power
Control
Authority
Bullying
Script
Assertive
Strategies
Grooming

Session 2

Lesson aim:

To know that there are different stages of grief and that there are different types of loss that cause people to grieve.

Vocab:

Emotions, feelings, sadness, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies

Session 3

Lesson aim:

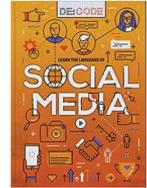
To know how to judge whether something online is safe and helpful for me.
To know how to use technology positively and safely to communicate with my friends and family.

Vocab:

Risks, pressure, influences, self-control, real/fake, true/untrue, assertiveness, judgement

Resources to help support learning at home:

Book list



Useful websites that provide more information for you as parents

UK safer internet centre-

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

Staying safe online

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

How to deal with peer pressure

<https://www.bbc.com/ownit/the-basics/eman-peer-pressure>

Online safety leaflets

<https://www.internetmatters.org/resources/esafety-leaflets-resources/>

<https://www.thinkuknow.co.uk/>

Mrs Danbury will inform each week on the weekly updates which sessions are being taught.



Year 6 Summer 1 Relationships

Session 4

Lesson aim:

To know a range of strategies to resist pressure to do something dangerous, that makes me feel uncomfortable, anxious or that I believe is wrong

To know people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention

Vocab:

Communication, technology, power, control, cyberbullying, abuse, safety

Session 5

Lesson aim:

To know that it is important to take care of my mental health.

To know how to take care of my mental health.

Vocab:

Mental health, stigma, ashamed, stress, anxiety, support

Session 6

Lesson aim:

To know and recognise different risks both on and offline and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable

Vocab:

Mental health, worried, signs, stress, anxiety, warning, support, self-harm

Session 1 (Y5 content will be recapped)

Lesson aim:

To know that becoming a teenager involves various changes and also brings growing responsibility.

Vocab:

Legal, laws, responsible, teenager, responsibilities, rights, age, change, growing up



Year 6
Summer 2
Sex
education

Session 2 and 3
Lesson aim:

To know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.

Vocab:

Puberty, sperm, testicles, penis, foreskin, wet dream, ejaculation, semen, erection larynx, facial hair, pubic hair, growth spurt, hormones, menstruation, periods, puberty, female, change, sanitary products, vagina, vulva, egg, fallopian tube, hormones, breasts, hair, hips, reproductive cycle, fertilised, physical, emotional, looking after, erection, genitals.

Session 4
Lesson aim:

To know how a baby develops from conception through the nine months of pregnancy and how it is born.

Vocab:

Pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, born, baby, develops, grows, midwife,

This is the content that will be taught. Mrs Danbury will be in contact about when this will be in the final Summer term. Please see additional slide for websites and further books.

Session 5
Lesson aim:

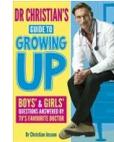
To know how being physically attracted to someone changes the nature of the relationship.

Vocab:

Boyfriends, girlfriends, same-sex, attraction, relationship, pressure, physically, change, emotions

Resources to help support learning at home:

Book list that may support discussions



'Dr. Christian's Guide to Growing Up,' by Dr Christian Jessen, illustrated by Dave Semple (Scholastic)

Dr Christian Jessen is a TV presenter as well as a doctor and has dedicated his time to demystifying the medical world for the general public. As you would expect, this title takes a no nonsense approach to adolescence, emotional health and body image. It explains changes for both boys and girls in an accessible manner. There is a section about sex, as well as staying safe and staying healthy.



A great addition to the classic lift-the-flap range from Usborne. It looks at what changes might happen to a boy or girl's body as they get older and why these changes occur. It uses proper biological vocabulary Although it describes the functions of the reproductive organs, suitable for children aged 9+

Year 6 Summer 2 Sex education

Useful websites that provide more information for you as parents

How are babies made
<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-orientation-ouch-how-are-babies-made-full-programme/zhtnydm>

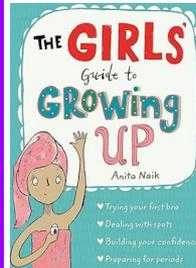


Resources to help support learning at home:

Book list that may support discussions



sensitive, informative guide to puberty for girls tackles everything from body image to mood swings, hormones and first bras. Bright, cartoon-style illustrations and scientific diagrams explain the physical and emotional changes of growing up in a simple and reassuring way, while the contents and index pages make key topics easy to find.



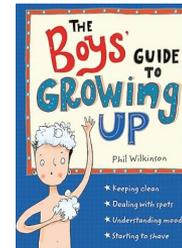
A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty.

Resources to help support learning at home:

Book list that may support discussions



This volume is a detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.



A friendly, reassuring and positive guide for boys as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'. He reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty.