

Pre-Puberty...

What to expect and how we teach it

Pre-puberty is the 2-3 years before puberty.

Using Tanner's stages of puberty, the first 2 stages would be pre-puberty →

Stage 1:

Girls aged 8

Boys aged 9-10

won't notice any physical changes.
Brain sending signals.

Stage 2:

Ages 9-11

Start changes.

Buds begin to form, area around nipple will expand. Small amounts of pubic hair begins to grow.

In boys (usually around age 11), testicles begin to get bigger and pubic hair begins around the base.

WHAT WE DO AT JAMES RENNIE TO PREPARE FOR THIS:

From an early age we teach the children about their body, under the being safe and healthy topic. In the preformal curriculum, that would include tolerating and coping with personal hygiene needs, including dressing, washing and teeth brushing.

In the semiformal knowing rules for independent, private and public areas. Looking at programmes of how bodies change, knowing body parts, hands feet..., what is different and what is the same between people.

In the formal curriculum we talk about relationships, public and private, differences between male and female.

Useful Websites

National Autistic society website
www.autism.org.uk search 'Sex and Puberty Education'

Learning Disability and Autism Team
<https://localoffer.cumbria.gov.uk>

Downs Syndrome society www.downs-syndrome.org.uk search 'Sex Education or Puberty'

NSPCC – www.nspcc.org.uk

The Social Worker and us!

What you can do at home

If your children ask any questions, answer openly and honestly.

Practise a good hygiene routine at home, using sequencing cards if needed.

Establish private and public spaces early on; where it is ok to have your clothes off.

Encourage independent self-care skills