

## **Puberty**

*Charlie is 10 and recently started her periods. Her body is fully developed and she's often teased for her weight and bust. Her mother overheard her saying that she's really unhappy, as some of her classmates have been calling her a freak. She thinks there's something wrong with her because she's so different from her friends. Her mum comes to you for advice.*

Communication from onset between – school nurse – peers

– parent – reassurance

– school staff

– provision / support

[Loo pass](#)

– (alternative loo)

– improve understanding

– support child to adapt

Literature for mother / peers

? flyers for workshops

Optional range of subjects to include - [Earlier sex education talks](#)