

## Websites and resources

### Websites that include videos as teaching aids

[https://www.healthpromotion.ie/health/inner/busy\\_bodies](https://www.healthpromotion.ie/health/inner/busy_bodies) - a series of videos, including one on puberty.

<http://Amaze.org> - age-appropriate information, clear and accurate language, with many short videos that help explore various topics around puberty, body changes, periods, etc.

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7> - BBC–The big talk. Using video clips, older primary school children pose questions about puberty and how our bodies change.

### Websites that include lesson plans as teaching aids

[www.outspokeneducation.com](http://www.outspokeneducation.com) - online resources including a range of free home-schooling lessons for different age ranges, to support parents to talk openly about bodies, body image and relationships. Subscribe to a free newsletter.

[www.bettyforschools.co.uk](http://www.bettyforschools.co.uk) – curriculum linked lessons for 8-12-year olds, that encourage open, respectful and honest conversations about periods and the way they affect girls.

<https://learn.brook.org.uk> - parents, carers and teachers can sign up to Brook Learn for free online modules on a range of RSE topics.

### Websites and resources for children with additional learning needs

<https://www.autism.org.uk/about/communication/sex-education.aspx> - good advice from the National Autistic Society on talking about puberty to a child with autism.

<https://booksbeyondwords.co.uk/bookshop/paperbacks/susans-growing> - books on growing up for parents to share with children with learning disabilities