



# PUBERTY: PREPARING FOR SUCCESS AT HOME AND SCHOOL

Puberty is part of natural development for all children. Puberty usually starts in girls around 10-11 and boys 11-12. Menstruation for girls typically occurs between 12 and 13, while voice changes for boys is often around 15. **We ALL need to have on-going discussions with the child** and this is where having both home and school helping the child's understanding is vital. Boys and girls need to know about their changes and changes in the opposite sex too (particularly, if they have opposite sex siblings or are at co-ed schools). It is important to start sharing this information with them before the changes occur otherwise the children may worry that something is wrong with them. I know some parents who talk about the changes before they happen and then as they happen their children tell them and they celebrate!

**Open, honest and on-going information is most effective, and not too much information all at once!** That being said some children want to know everything and that is where books can be wonderful.



**Remember:** children often don't know what to ask. Allowing the child access to information in books means they can read about it in their own time, and re-read if they are uncomfortable discussing things with you. For all children if at this age, you ask children "Do you have any questions?" they tend to say "No" but books can answer their questions and even explain concepts they might not even know about it yet, so prepare them in advance.

As part of puberty it is vital to talk about Public, Private and Protective Behaviour. You will also need to discuss home and school behaviour and social skills. Some students will unknowingly exhibit embarrassing behaviours or share information or ask questions that are inappropriate – like asking a girl if she has her period, or a boy if he has pubic hair. I think all of us have seen those embarrassing moments and the key is to let them know when, where, who, etc – but also if they make a social mistake how to fix it up!

Make sure you let people with autism know the boundaries between illegal and legal websites. A number of people with autism have got in trouble with the Police for looking at inappropriate websites so **it is VITAL we educate and let them know what is appropriate.** This is where the books are so much better as you can control access to information and read together!

## FANTASTIC BOOKS FOR HOME AND SCHOOL



Fantastic resources for home and school to help children with puberty and beyond – **Secret Boys Business and Secret Girls Business Series.** This FANTASTIC series of books has been put together by a Teacher, a Psychologist and a Youth Health Nurse.

The books are designed to prepare girls and boys for the changes to their bodies (aimed at eight year olds). They use age appropriate language and simple instructions. They have six wonderful books each designed to meet specific information needs. All the books have succinct information, delivered with fun and in bite sized chunks. They use great pictures which are factual and interesting! I highly recommend for both home and school.

Other Great Information!

CONTACT YOUR  
LOCAL FAMILY  
PLANNING.

They have courses and great resources  
for kids with additional needs.

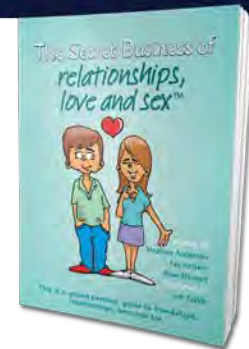


# GREAT RESOURCES FOR PUBERTY EDUCATION

## THE SECRET BUSINESS OF RELATIONSHIPS, LOVE AND SEX

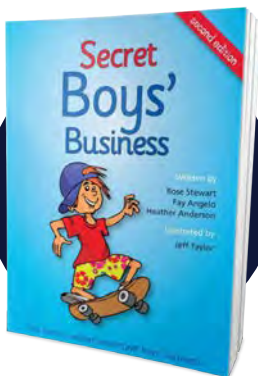
Sex education is an important aspect of a child's development. This book is easy to understand, provides practical information and has attractive illustrations to help girls and boys manage this stage of their life with confidence. Schools will find this puberty education book a valuable resource.

CODE B148 \$20.95  
(plus P & H) For Older Girls



## SECRET BOYS' BUSINESS AND SECRET GIRLS' BUSINESS SERIES

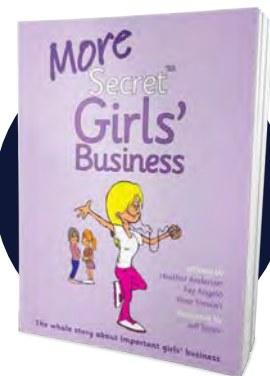
As sex education is an important aspect of a child's development, the authors have written and published a series of puberty books to prepare and support boys and girls for puberty. For children with special needs, including intellectual disability, physical disability, communication disorder and autism, there is a series of disability puberty books. The books are easy to understand, provide practical information and have attractive illustrations to help girls and boys manage this stage of their life with confidence. Schools will find all of these puberty education books a valuable resource.



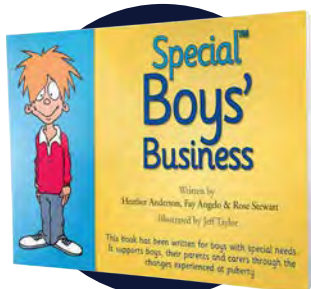
**Secret Boys' Business**  
CODE B85 \$17.95  
(plus P & H) For Boys



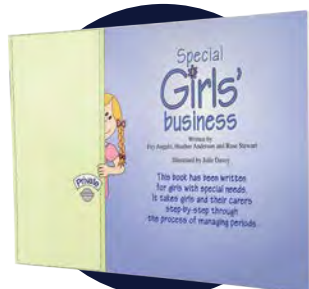
**Secret Girls' Business**  
CODE B86 \$15.95  
(plus P & H) For Young Girls



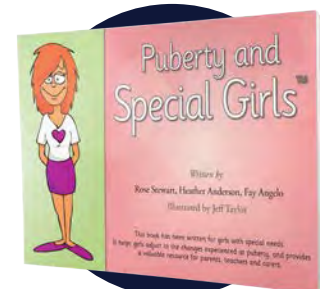
**More Girls' Business**  
CODE B87 \$17.95  
(plus P & H) For Older Girls



**Special Boys' Business** CODE B88 \$45.95 (plus P & H) For Boys with Special Needs

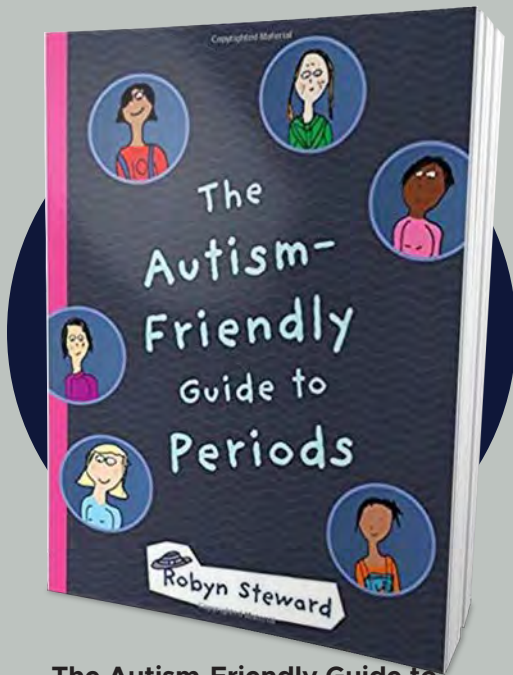


**Special Girls' Business** CODE B89 \$45.95 (plus P & H) For Girls with Special Needs



**Puberty and Special Girls** CODE B90 \$45.95 (plus P & H) For Girls with Special Needs

# THIS BOOK IS A MUST HAVE FOR EVERY SCHOOL AND HOME



**The Autism-Friendly Guide to Periods** CODE B88 \$37.95  
(plus P & H)

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals. This is a book that teaches all people about periods, which can be a scary and overwhelming issue. It is a much needed guide designed for girls with ASD (but could be used for any girl). The book has step by step photo guides and in depth instructions such as how to dispose of a pad.

Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

This is the first book about periods specifically for people with autism and it provides an alternative to talking about the issue, as many adults would feel uncomfortable discussing this topic in the level of detail many autistic young people will need



# ONLINE COURSE

Emotional Regulation in Students with Autism Spectrum Disorder and/or Other Neurodiverse Disorders

How to Teach Social Emotional Learning for Neurodiverse Students

Pathological Demand Avoidance (PDA) in the Classroom: Understanding Strategies for Educators



PRESENTER

Sue Larkey (Teacher)

Sue Larkey (Teacher)

Laura Kerby (Teacher & Grad Dip Psychology)

EARLY YEARS

PRIMARY

SECONDARY

POST-SCHOOL

## IN THIS COURSE YOU WILL LEARN

- ✓ Introduction to understanding diverse learners, key supports and strategies.
- ✓ How to help children identify and label emotions in themselves and others
- ✓ Helping children connect emotions to events
- ✓ A range of strategies to regulate emotions and behaviours
- ✓ Activities to do with the whole class, small groups & individuals
- ✓ What, How & When to teach emotional regulation

- ✓ What, How, & When to teach Social Skills
- ✓ Myths & Misunderstanding.
- ✓ How to make and keep friends.
- ✓ Impact of Executive Functioning.
- ✓ 4 Steps to Create Social Skills Program.
- ✓ Lived Experience of Social Learning.
- ✓ Creating Inclusive Playgrounds.

- ✓ Understanding of Pathological Demand Avoidance (PDA)
- ✓ What are Demands and How to Avoid
- ✓ PDA & Anxiety: Key Strategies
- ✓ Difference between PDD, ODD, and ASD
- ✓ Practical Approaches and Strategies to Support
- ✓ Learning Supporting and Understanding Behaviour
- ✓ PDA and Education: How to Make it Work

AUSTRALIAN PROFESSIONAL STANDARDS (ALL STATES)

NESA ACCREDITATION

TQI ACCREDITATION

COURSE DURATION

3 HOURS

3 HOURS

2 HOURS

COURSE COMPLETION (CAN EXTEND AT ANY TIME)

6 WEEKS

6 WEEKS

6 WEEKS

Register at [elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

Group discounts available contact: [support@suelarkey.com.au](mailto:support@suelarkey.com.au)

**CERTIFICATE ON COMPLETION FOR ALL COURSES**