

MY MATE FANCIES YOU

AWARENESS BOOKLET ON PUBERTY, GROWING UP AND TRANSITION FROM
PRIMARY TO SECONDARY SCHOOL FOR PARENTS & GUARDIANS



loudmouth
education & training through theatre

This booklet is for parents and guardians of the pupils who will be having into their school the theatre in education programme, My Mate Fancies You.

My Mate Fancies You is a theatre in education programme run with pupils in years 5, 6 and 7 (ages 9-12). It is an age appropriate and well researched programme designed to support children in learning about puberty and making the transition from primary to secondary school.

The programme uses a fun and informative drama plus discussion workshop to help children and young people to understand the transition to secondary school and puberty (including the menstrual cycle), reassure them that it is normal/not something to worry about and advise them where to go for support.

My Mate Fancies You was created and delivered by Loudmouth Education and Training and has been used in schools to educate around puberty for nearly three decades. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme, My Mate Fancies You, links directly to the Government's RHE statutory curriculum that states that...

- Pupils should know the key facts about puberty and the changing adolescent body, including physical and emotional changes.
- Pupils should be taught key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.
- The transition phase before moving to secondary school should support pupils' emotional and physical development so they are prepared for the changes that adolescence brings.

Below is further information about the programme, My Mate Fancies You, and some tips and suggestions on how to use your child's participation in this. This booklet contains further information about the programme, My Mate Fancies You, and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.

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In the drama, your child, will have met two characters, Claire and Daniel. At the start of the play they are close friends in their last year at primary school. During the play, the audience watches Claire and Daniel as they grow up from 10 to 14. The funny and well researched drama tells their story as they deal with the many different physical and emotional changes that take place during puberty.

After the drama, the pupils get the opportunity to talk to, the now 14 year old, Claire and Daniel. The children question the characters on how they coped with the many changes including how they made the most of the move from primary to secondary school.

The Loudmouth facilitators then run small group discussions encouraging the pupils to look at different body changes and how their friendships and relationships changed over the years. The session ends with information of where the pupils can go for help including family members they trust, ChildLine, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk)



Puberty Definitions

The government's RHE guidance is that by the end of primary school pupils should know about the 'changes to the adolescent body' and 'develop the language to talk about their bodies'. This means ensuring that children know the correct names for these changes as well as the parts of their body that change during puberty. We have provided some simple definitions that pupils will know through their puberty education that may be useful when talking to your child about the My Mate Fancies You programme.


- **Body hair** – Hair that grows on the body. This can be on the arms, legs, underarms, chest and back.
- **Body odour (B.O.)** - This is the name for the (stinky) smell left by dried sweat.
- **Breasts**- These are found on the chest and can grow during puberty. The main function for these in women is to produce milk for feeding babies.
- **Erections** – This is the name for when more blood flows to the penis than usual and so the penis becomes larger and harder and stands away from the body.
- **Penis** – The external male genitals.
- **Periods** - This is also known as 'menstruation'. This happens to women and girls once a month and starts during puberty. A small amount of blood is lost during this time (about 3-5 tablespoons) and lasts any time between 2 and 8 days.
- **Pubic hair** – Hair that grows around the penis or vulva.
- **Spots** – Spots on the face or body also known as acne. Often caused by changes during puberty.
- **Vulva** – the external female genitals (the bits that can be seen on the outside).
- **Vagina** – The internal female genitals. The main opening in the vulva. This is a muscular tube where babies are born from.
- **Wet dreams** – This is the name for something that happens to boys when they have an erection in their sleep and ejaculate semen.

Tips for Making the Smooth Transition to Secondary School

The move from primary to secondary can feel quite daunting. During the My Mate Fancies You programme, your child will have had the chance to speak to Claire and Daniel to get any advice. Here are some of the ideas that may have been covered.

- **Plan and do a practice run of your journey.**
- **Get your school bag ready night before.**
- **Get your uniform ready.**
- **Get involved in new clubs or activities.**
- **Get or draw a map of the school to find your way round.**
- **Think of some things you could say or ask when you first meet your new classmates.**
- **Talk to someone if you are worried.**

You could chat with your child about any other ideas they have!



Delivered well in an age-appropriate way. Keeping an important and sensitive issue fun for the children.

Teacher

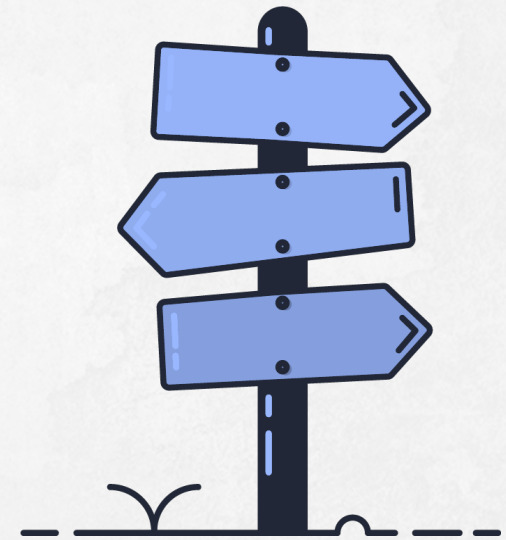
Signposting

There are many people that your child can go to for help and support around the issues covered in the My Mate Fancies You programme including family and school/college staff including the school's designated safeguarding lead (DSLs).

There are also many organisations that can offer specialist support. Further information and additional signposting for young people can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk

They could also contact...

- www.childline.org.uk 0800 1111



Starting a discussion

Loudmouth uses drama as a safe way to discuss issues. Pupils can talk about the characters and the situations shown in the drama without feeling pressured to talk about themselves. This can also help to start discussions at home about topics that could be embarrassing or awkward for some people.

IDEA

On the next page are some ideas for questions that you could use as conversation starters at home with any child who has watched the My Mate Fancies You drama. These can be a safe and easy way to begin this discussion on these issues, especially if they are not topics that you usually talk openly about.

How did Claire and Daniel's emotions change as they grew up? What different feelings did they have?

How well did Claire and Daniel deal with the changes they faced as they grew up?

What do you think will happen next for Claire and Daniel?

What kind of things do you think Daniel or Claire's parents could have helped them with?