

My Mate Fancies You



The DfE guidance for relationship education in primary schools states that

- schools should teach about relationships and health, including puberty
- 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

"A really well delivered performance, hitting all the areas of emotional and physical change children have been concerned with. This performance & follow up group work is a true investment into the children's PSHE/SRE curriculum and the children thought it was great!" PSHE lead/Year 6 teacher

Concept

Fun theatre in education programme on puberty & transitions.

*"Loudmouth's My Mate Fancies You session is possibly the most important afternoon these children have. It is a safe insight into puberty and prepares them for secondary school." – **Headteacher***

This programme teaches about the range of physical and emotional changes that take place in the adolescent body during puberty.





Objective

Appropriate and sensitively run drama and workshop.

The programme uses a fun and informative drama plus discussion workshop to help children & young people understand transitions 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.

Outcomes

Proven increase of children & young people's confidence and skills on the topic of puberty.



- 86% of pupils rated their knowledge of puberty as excellent or very good as a result of the programme.
- 82% said that after the programme they felt that puberty was a normal part of life.
- 99% said that the programme helps children to learn about growing up and puberty.
- 100% of staff would recommend the programme to other schools.

To find out how young people in your school could benefit from this programme contact Loudmouth Education and Training on 0121 446 4880 or e mail info@loudmouth.co.uk