

Dear Parent or Carer,

YouMatter is a Jersey charity that provides high-quality, interactive and engaging workshops in schools, youth clubs and other community settings. Our aim is to build children and young people's self-esteem and confidence and inspire and equip them to make healthy, positive choices about their lives and relationships.

Since our launch in 2011, we have built and now deliver successful programmes of workshops in every secondary school and 17 primary schools on the island. All our workshops are carefully age-appropriate, in line with the curriculum and best practice and offered free of charge.

On the 06/06/24, 02/07/24 and 04/07/24 we have been invited into your child's school to deliver our workshop on Puberty.

We thought it might be useful for you to have a brief overview of the Puberty workshop so that you can be prepared for any questions your child may have when they get home.

Learning objectives

By the end of the workshop all students will:

- Recognise that puberty is a normal and positive part of growing up that everyone goes through,
- Have explored some of the physical and emotional changes that come with puberty,
- Have identified sources of support and people they can talk to if they have questions or worries.

During the workshop, we will explore the following:

- what puberty is and when it happens
- the physical changes that happen for boys, for girls and for both
- how personal hygiene may need to change during puberty
- some of the feelings people might experience during puberty and how to deal with them

We would like to reassure you that we strive to ensure the education we provide is always age appropriate and grounded in research. Our Educators present information in a sensitive but matter-of-fact manner to allay any embarrassment or fear and we use simple, accurate language, pictures and videos which help children to understand more effectively.

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www.youmatter.je

YouMatter is a member of the Association of Jersey Charities, number 407.



More than ever before, children are exposed to representations of bodies, sex and sexuality through the media and the social culture around them and various surveys of children and young people have shown that Relationships and Sex Education (RSE) is often *“too little, too late and too biological”*.

Evidence suggests that high quality RSE delays young people’s first sexual experience, reduces risk-taking behaviours and helps them to make informed choices to keep themselves safe, healthy and happy.

Your child will learn about puberty as part of the science curriculum. This workshop sits alongside this, as well as fitting within the context of the whole PSHE curriculum.

For more information about us, or to find out how to support our work, please visit our website www.youmatter.je

Yours faithfully,

The YouMatter Team

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