

April 2021

Dear Parents/Carers

After Easter, your child's Tutor group will be looking at the Relationship and Sexual Education part of the PSHE course. For Year 7, this will consist of looking at Puberty, Periods and looking at prejudice within relationships. We will be using various resources including Every Mind Matters for Puberty and Betty for Menstruation. These will be delivered to them in their tutor groups by their Tutor.

For the Betty Lessons: It will cover the basics of the menstrual cycle, how periods will affect them (both physically and emotionally) and ways they can manage their periods. Although most start their period around the age of 12, some will start as young as eight. For that reason, it's really important we start talking about periods and menstruation in a supportive setting.

In PSHE, we will be using the BETTY resource, which is accredited by the PSHE Association. These sessions are film-led, with a mix of animations, quizzes and interactive activities, making them fun and relevant to young people. The aim of the lesson is to reassure all pupils during this perfectly natural time in their lives, whilst encouraging open and respectful discussion between peers.

If you would like helpful advice that covers everything from mood swings to growth spurts and tips on how to talk to your child about periods, please check out the parent's hub at [wearebetty.com/pages/parent](http://wearebetty.com/pages/parent).

If you have any questions or concerns regarding these sessions, please email Mrs Emily Lofthouse, Head of PSHE, [emlofthouse@liskeard.cornwall.sch.uk](mailto:emlofthouse@liskeard.cornwall.sch.uk)

Yours sincerely

Emily Lofthouse