Puberty: what to ask your child's school

For a parent of an autistic child who sees puberty coming.

One short talk with the school, so home and school use the same words and pictures.

Who to ask

- SPED school: your child's form teacher
- The school's social worker can help too
- Mainstream school: the form teacher and the SEN Officer

What a SPED school teaches

- The Healthy and Safe Relationships (HSR) programme
- Body awareness, personal safety and relationships
- Lessons fitted to each student
- Workshops for parents and caregivers

What a mainstream school teaches

- Personal safety lessons from Primary 1, with the form teacher
- Good touch and bad touch, saying no, telling a trusted adult
- MOE Sexuality Education from Primary 5, starting with puberty

Questions to ask: the lessons

- Which term are the lessons in?
- What does each lesson cover?
- What words and pictures do you use for body parts and changes?

Questions to ask: your child

- Can my child have the topic early, or more than once?
- SPED school: is there a parent workshop, and who in the team can we talk to?
- If my daughter's period starts at school, who does she go to, and where are the pads kept?

After the talk

- Write down what the school told you
- Build your home pictures from the same words
- Go over them often, calmly, before each change comes