



Crushes and sexual feelings

While the 'Puberty Power Up' course focuses on puberty and anatomy learning for children, the PLUS topics or add ons offer extra learning experiences across a number of topics. Some families find they need more information in other areas of learning; perhaps because their child is asking more questions about friendships, body safety, keeping happy online, gender identity or sexuality. We offer these extra topics for those parents/caregivers who wish to scale up their child's learning at home.

'Crushes and sexual feelings' cover how both of these things can come up during puberty, that it's normal to have these feelings but also normal not to. It includes definitions of what crushes and sexual feelings are, and emphasises how new desires or sexual feelings are normal to have and generally should be kept private. It also defines what masturbation is - and that it should only be done alone and in private - which is important to know and remember.

Related Puberty Plus topics we recommend:

- Pornography – it's not for children
- Consent
- Body safety

