



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.

'Feelings' talks about the importance of recognising our feelings, both good and bad, and naming them. We also discuss healthy ways of managing feelings, and how being able to let ourselves feel the feelings but also keeping control of our behaviour is really important.

Related Puberty Plus topics we recommend:

- Feeling good online
- Crushes and sexual feelings
- Friendship

