



Friendship

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.

'**Friendship**' talks about how friendships develop as people go through puberty: they can often become more important as young people establish their identity, and that it's normal for friendships to grow, change, and even fade. We also offer tips for dealing with conflict in friendships, and how respectful friendship should make someone feel.

Related Puberty Plus topics we recommend:

- Feeling good online
- Crushes and sexual feelings
- Body Safety

