

Let's Talk about Puberty Resources



This list of resources accompanies Lifestart's *Let's Talk About Puberty* webinar.

Takeaway tips

- It can be valuable to reflect on your own puberty experience and what you might repeat or change with your child to make it a positive experience. It can be helpful to think about these two questions:
 1. What are some changes you went through at puberty?
 2. Was there anything you wish you had known prior?
- Do not wait for puberty to start educating on the topic. It is never too late, but better to get in early so your child can practice skills and be ready for when changes start to occur. Use whichever communication style your child uses. Communicate soon and communicate often.
- What do you currently use to teach activities like getting ready in the morning and brushing teeth? Use that strategy for puberty routines as well – pictures, lists, social stories etc, and adapt to tasks like using deodorant, managing wet dreams, changing a pad.
- Use teachable moments to take the pressure off any awkward conversation. Use scenarios you see in real life or in media to start communication about certain topics. Talk in the car – then you do not have to look at each other. Involve the whole family as much as possible, particularly if there are older siblings. Their real-life experiences will be more creditable to your young person.



Websites to address Q and A

Family Planning NSW (FPNSW)

Body Talk

<https://bodytalk.org.au/>

The Body Explorer is designed for you to explore the human body and reproductive systems and to find out how it all works with your young person.

Other relevant topics on FPNSW website:

www.fpnsw.org.au/factsheets/individuals/disability
www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex

www.fpnsw.org.au/factsheets/health-professionals/resources/supporting-decision-making-reproductive-and-sexual-health

www.fpnsw.org.au/factsheets/individuals/disability/sex-safe-and-fun

For information or advice contact **Talkline**

Phone: 1300 658 886

www.fpnsw.org.au/talkline

For upcoming webinars and parent resources go to: www.fpnsw.org.au/parentworkshops

- **29 October:** 5pm-7:30pm
- **11 November:** 10am-12:30pm
- **2 December:** 5pm-7:30pm

To borrow resources from FPNSW Disability Resource Collection, go to:

www.fpnsw.org.au/who-we-help/disability/disability-resources.

Some are available to purchase online, just google – the first 3 are readily accessible.

- Special Girls' Business
- Special Boys' Business
- Puberty and Special Girls
- Periods: A Practical Guide
- Billy Grows UP DVD
- Tara Grows Up DVD
- Taking Care of Myself – A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism
- Your Child's Growing Sexuality: available to download here:

www.fpnsw.org.au/parentworkshops

***NB Lifestart may also have some of these resources available to borrow so ask your Lifestart worker – particularly the Special Girls and Boys Business.**

So Safe Program

<https://sosafeprogram.com>

Lifestart have trained professionals who can individualise the support to meet the needs of the young person.

Opportunities to help future parents

Family Planning NSW is making a new website to help parents and carers support their children with intellectual disability and autism through puberty. They are looking for people to:

- review articles
- tell their story on a video
- you will be reimbursed for your time
- for more information about how you can help make this new resource contact FPNSW at: disability@fpnsw.org.au.