



The show uses humour to introduce or reinforce ideas about changing feelings and bodies at the time of puberty. It aims to reassure and prepare children for puberty as well as for social changes and peer pressures - particularly before tricky transitions to high school.

The workshop after the show explores key messages more in depth. It aims to:

- Reassure children that it's normal to have emotional changes during puberty - for boys and girls.
 - Reassure children that puberty happens to everyone but at different times.
 - Encourage children to think about who they can trust and talk to for support or advice.
 - Help children think about how they can take care of their emotional wellbeing and physical health. In particular:
 - Talk about feelings or worries.
 - The importance of socialising and friendships.
 - Take care of personal hygiene.
 - Exercise.
 - Healthy eating.
 - Get helpful information.
- Empathy: encourage children to think about how others may feel.
 - Help children feel comfortable about physical changes during puberty.
 - Introduce appropriate language about puberty for both boys and girls in a comfortable way.
 - Acknowledge diversity in relationships.
 - Help children think about how to resist peer pressure.
 - "You're ready when you're ready" to have boyfriends and girlfriends. Reassuring children that's it OK to delay those kinds of relationships.
 - Help children reflect about what makes a good friend. They can build on this for future relationships with their own boyfriends or girlfriends.
 - Think about trust and power in relationships.