



it's perfectly natural

Dear Parent/Carer,

Welcome to betty for schools! We want to help create a generation of girls and boys who are truly at ease talking about periods.

We've worked with young people and education experts to develop lessons for 8 -12 year olds that encourage open, respectful and honest conversations about periods and the way they affect girls. Our lessons are accredited by the PSHE Association and are filmed, with a mix of animations, quizzes and interactive activities, making them fun and relevant to young people.

Your son/daughter's class is going to have two 45 minute class lessons delivered to both boys and girls. It will cover the basics of the menstrual cycle, how periods will affect girls, both physically and emotionally, and how they can deal with them. It will also touch on wider puberty changes for both boys and girls.

Although most girls start their period around the age of 12, some girls will start as young as eight. For that reason, it's really important we start talking about periods and menstruation in a supportive setting as early as possible to get everyone ready for what's coming. The aim of the lesson is to reassure all pupils during this perfectly natural time in their lives, whilst encouraging open and respectful discussion between peers.

More information about the betty for schools programme can be found at [www.bettyforschools.co.uk/parents](http://www.bettyforschools.co.uk/parents), with useful FAQs to help you talk to your children about periods. You can also claim your **FREE betty sample pack** for your daughter (terms and conditions apply).

Please feel free to get in touch with the school if you would like further information on the planned lessons.

Yours,

The betty for schools team

