



# SCHOOL AND PUBERTY



PUBERTY CAN BE A DAUNTING EXPERIENCE FOR A YOUNG PERSON AS THEY MAY FEEL EMBARRASSED ABOUT THE CHANGES THEIR BODY IS GOING THROUGH.

WITH ALL YOUNG PEOPLE DEVELOPING IN DIFFERENT WAYS AT DIFFERENT TIMES, THIS PUTS PRESSURE ON EVERYONE, AS EACH ASPIRE TO AN UNATTAINABLE "NORMAL".

## BODY IMAGE

CHILDREN AS YOUNG AS **6** WORRY ABOUT THEIR IMAGE.

**1 IN 3** OF YOUNG PEOPLE FELT **ASHAMED** OF THEIR BODY CITING 'SOCIAL MEDIA, MEDIA, PRESSURE FROM FAMILY AND FRIENDS, COMPARISONS WITH PEERS, AS WELL AS PERSONAL FACTORS LIKE LOW SELF-ESTEEM, FEELINGS OF DEPRESSION, AND A NEED FOR CONTROL AS INFLUENCES.



## PERIOD SHAME

AFRAID

SCARED

EMBARRASSED

SHAMED

THESE ARE ALL WORDS YOUNG PEOPLE FROM NORTHERN IRELAND USED TO DESCRIBE THEIR PERIOD.

RECENT STUDY BY PLAN-UK FOUND THAT **48%** OF PEOPLE WERE **EMBARRASSED** BY THEIR PERIOD.

COMMON YOUTH.

# RELATIONSHIP AND SEXUALITY EDUCATION

COMMON YOUTH HAS  
PROVIDED  
RELATIONSHIP AND  
SEXUAL HEALTH  
EDUCATION FOR 25  
YEARS WITHIN A  
VARIETY OF



COMMUNITY SETTINGS AND IN ALL AREAS OF  
NORTHERN IRELAND. FROM 2015, COMMON  
YOUTH HAS BEEN FUNDED TO DELIVER  
RELATIONSHIP AND SEXUALITY EDUCATION  
(RSE) IN THE COMMUNITY. THE MAJORITY OF  
THIS WORK HAS BEEN DELIVERED TO  
VULNERABLE YOUNG PEOPLE AGED UNDER 25  
FROM AREAS OF HIGH SOCIAL DEPRIVATION

**IF YOU ARE A PROFESSIONAL OR PARENT/CARER AND  
NEED ADVICE OR SUPPORT WITH ANY OF THESE ISSUES  
PLEASE GET IN TOUCH.**

Sources:

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4. Plan-UK. Break the Barriers:Girls' Experience of Menstruation in the UK . 2018: 32-40