



# Brine Leas School

An Academy

Believe, Learn, Succeed

September 2017

Dear Parent/Carer,

We have been given the opportunity to host a day of workshops as part of the 'Betty for Schools' programme accredited by the PSHE Association. 'Betty for Schools' is a free curriculum-linked education programme for 8-12 year olds, designed to help create a generation of girls and boys who are truly at ease talking about periods.

We are going to deliver one lesson during Year 8 PSHCE curriculum time and then the class will have the chance to take part in an interactive workshop from a specialist team on **Friday 6th October 2017**. The girls will board the 'Betty bus' for their session while the boys stay in class for a discussion session.

The in-class lesson, delivered to boys and girls, will cover the basics of the cycle, how periods will affect girls both physically and emotionally and how to deal with them.

The workshop on the bus will last around one hour and will encourage open, respectful and honest conversations about periods and the way they affect girls. At the same time, boys will be invited to an informal discussion session lead by trained facilitators that encourages them to think about their actions and how they can affect their female colleagues.

Although most girls start their period around 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 controlled setting as early as possible to get everyone ready for what's coming. The aim of the lesson and workshop package is to education all pupils in this perfectly natural time in their lives, whilst encouraging open and honest discussion between peers. More information about the wider programme as a whole can be found at [www.bettyforschools.co.uk](http://www.bettyforschools.co.uk)

Yours faithfully

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