

# Have Your Say – Puberty Packs for SEND Families



Derbyshire Public Health is creating 'puberty packs' to help parents talk to their children about growing up and body changes.

## Why?

Puberty can be challenging for any child and even more so for those with sensory or communication needs. These packs aim to make those conversations easier.

## We need your feedback!

Take a look at the online resources and complete a short survey to share your views.

Deadline: Wednesday 11th February 2026



To take part please e-mail  
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