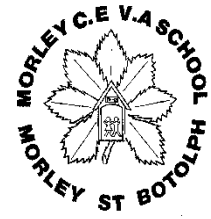




# Relationships and Sex Education

## Top tips for talking to your child....



Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing seriousness arise.

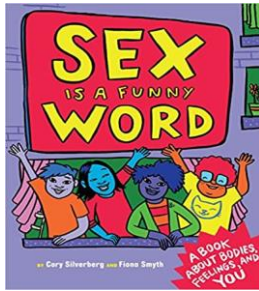
Your child needs to know that it is OK to talk, and that you are happy to talk. They will learn this through your body language, tone and manner when you talk so try to behave as you would in any other topic of conversation.

Below are simple strategies to make talking about feelings, relationships and the body more comfortable.

- ✓ Start talking about something that you are both comfortable with, such as feelings and emotions.
- ✓ Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving the car or watching TV. This will help to normalise the conversation, easing uncomfortable feelings.
- ✓ Reading a story book containing relevant content is a helpful way to stimulate discussion with your child.
- ✓ Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future.
- ✓ If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Remember it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

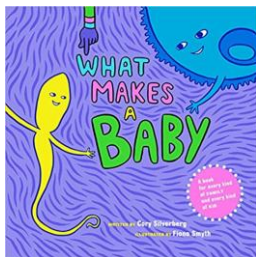
Make sure your child knows that they can always

talk to you **anytime**, about **anything**.



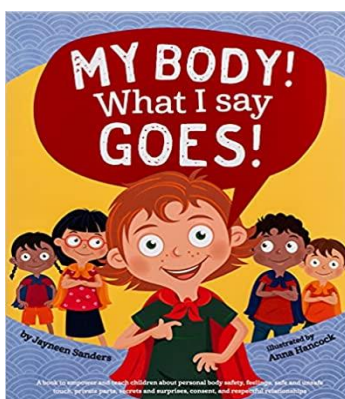
7-11yrs

**Sex is a funny word** opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety and joy. It features children and families of every race, gender-identity and sexual orientation.



4-11yrs

**What Makes a Baby** is a book for every kind of family and every kind of child. A picture book about conception, gestation and birth, which reflects the reality of the modern era by being inclusive of all kinds of children, adults, and families.



4-11yrs

**My Body! What I say goes!** The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. It covers the following skills in personal body safety: • identifying safe and unsafe feelings • recognising early warning signs • developing a safety network • using the correct names for private parts • understanding the difference between safe and unsafe touch • understanding the difference between secrets and surprises • respecting body boundaries.

