

Helpful websites and resource for discussing Relationships, Health and Sex Education with your child.

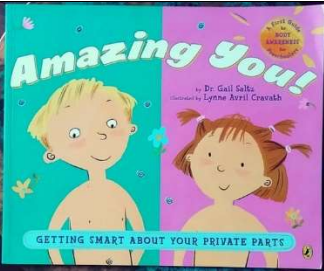


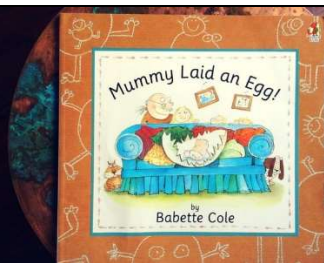
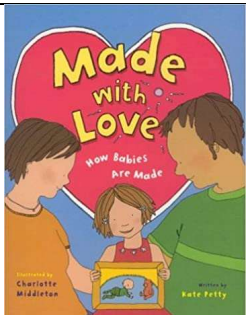
Links to helpful websites

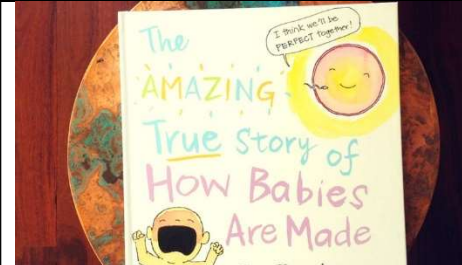

<p>This is a parent-friendly and practical age by age guide is helpful for knowing an age-appropriate time to discuss topics including: relationships, my body, life cycles, keeping safe and looking after myself, people who can help me and more. The age categories are: 3-6, 7-8, 9-10, 11-13 and 14-16.</p>	<p>https://www.outspokeneducation.com/age-groups</p>
<p>A book list of recommended reads split into different categories:</p> <ul style="list-style-type: none"> - For parents: general reading - For parents: focus on girls - For parents: focus on boys - For children: younger children - For children: pre-teens and young teens - For children: older teenagers 	<p>https://www.outspokeneducation.com/recommended-reading</p>
<p>An age specific guide to sex education for parents. You will find an outline of the different topics about sex that children eventually need to know about. The topics and ages are just a guide but will ensure we keep our children healthy and safe in our world today. The categories are: babies and toddlers, 2-5 year olds, 6-8 year olds, 9-12 year olds and 13-16 year olds.</p>	<p>https://sexedrescue.com/explaining-sex-education/</p>
<p>How to answer tough parenting questions about sex.</p>	<p>https://sexedrescue.com/tough-parenting-questions/</p>
<p>AMAZE – An American website that has cartoons for children ages 4-9. There are also parent videos including: “What if my kids don’t ask?”, “How can I teach my values?” and “What to say when...”. There are great videos for older children too. They also have a YouTube account called AMAZE Parents.</p>	<p>https://amaze.org</p>
<p>The NSPCC have got parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations. Topics include: how to cope with tantrums, separation and divorce, talking about difficult topics and PANTS: the underwear rule.</p>	<p>https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</p>
<p>Resources from Outspoken Education developed during COVID-19 for home learning. They’re designed for children between 4-11 years covering:</p> <ul style="list-style-type: none"> - Bodies - Babies - body parts - periods - body image - body safety - LGBT+ <p>The sessions are split are into different age categories. The final page also has top tips for conversations with your child at home.</p>	<p>https://a9bba1f6-c2c8-4c4d-90af-050bfd8fad13.filesusr.com/ugd/dfbec9_7efd1b6aa83b457db00446f942b90507.pdf</p>
<p>Pop’n’Olly – LGBT+ education videos teaching about equality and diversity.</p>	<p>https://www.popnolly.com/</p>

Childnet – Resources for when your child begins to explore the online world independently. This toolkit provides practical tips and advice on keeping your child safe online.



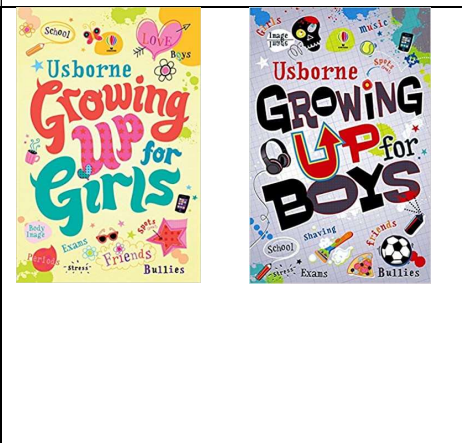
<https://www.childnet.co.uk/parents-and-carers/parent-and-carer-toolkit>

Helpful books to discuss topics and promote discussions at home

	<p>Amazing You by Gail Saltz. A great book for younger children about body parts and where babies come from (with no mention of sexual intercourse). It also talks about keeping the genitals private and masturbation. It is very uncommon for a book that targets younger children to mention masturbation.</p>
	<p>Robie H. Harris. This series of popular books are fantastic for younger children (ages 4 and up), as they all focus on a different topic - body parts, families, diversity and pregnancy – so cover the key topics for sex education. They also provide the foundations for future talks about sexual intercourse.</p>
	<p>What makes a baby by Cory Silverberg. This is a really popular book that explains where babies come from. It is perfect for younger children as there is no mention of sex (sexual intercourse). What makes this book special is that it is very diverse as it talks about people with a uterus instead of a man/ woman or male/female. Also it takes into consideration the many different ways a baby is made, and the fact that all families are different.</p>
	<p>Mummy Laid an Egg by Babette Cole. This book talks about how babies are made with humour! It also touches on the 'embarrassment' that parents can experience and the fact that there are many 'made up' stories about how babies are made. It does talk about sex ('penis in vagina' sex) briefly.</p>
	<p>Made With Love: How Babies are Made by Katy Petty In this informative and friendly picture book, children can find simple answers to all the big questions about how they came to be born . . . How did I get into your tummy? How did the egg and sperm turn into me? What did I eat when I was inside Mum? The conversational text, clear explanations and child-friendly artwork make this a helpful book for all curious children and their parents.</p>

	<p>The Amazing true story of how babies are made by Fiona Katauskas. It is a very direct straightforward look at how babies are made, which means it gives a pretty good description of the many different ways that babies are made. There are some rather detailed images of sexual intercourse (a penis going into a vagina).</p>
	<p>It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families</p> <p>Robie H. Harris writes fantastic books, and these 3 books are what I would call an encyclopaedia of what kids need to know at the different stages of sexual development. These are the sort of books that your kids will take and disappear off to the bedroom with to read alone. Parents love them as well!</p> <p>You can read them together with your child, and I would recommend breaking them down into chapters. There is a lot of information in these books and they are updated regularly.</p>

Puberty books to promote discussions and help with home learning.

	<p>Hair in Funny Places by Babette Cole. It is highly entertaining and a light hearted look at the fact that one day your child's body will start to change to that of an adults. This is a first book that you can use to start introducing the subject of puberty, for kids between the ages of 5-10.</p>
	<p>What's Happening to Me? (Facts Of Life) They have a girls and boys edition. A sensitive, detailed and informative guide to female and male puberty. These books will prove invaluable for both young girls, boys and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters.</p>
	<p>Growing up for girls by Usborne books. Growing up for boys by Usborne books.</p> <p>This book prepares girls and boys for what to expect from puberty and offers advice on what they can do to cope with the emotional, psychological and physical changes and stay happy and confident as they go through their early teens. It covers all the topics that they want to find out about including: moods, periods, what happens to boys/girls, diet, eating disorders, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress, cyberbullying, and staying safe - both out and about and online.</p>