

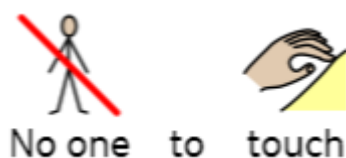


## How to talk about Sex and Relationships at home Ten top tips for Parents/Carers

1. Always refer to parts of their bodies by the correct terms, for example, boys have a penis and girls have a vagina.



2. Remind regularly what the 4 parts of their body that **no one** should touch unless they want them to: the **genital area (penis, vagina), bottom, chest and mouth**.



3. Reassure them they can come to you if ANYONE touches them or asks them to keep a secret (surprises are ok, secrets are not).



4. Help them be safe online, the online world can be a great place to meet and connect with others, as a parent monitor this and ensure they know how to keep themselves safe.



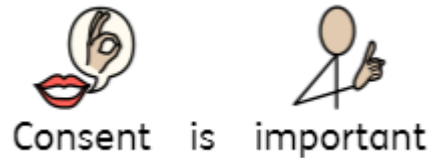
5. If a child wants to touch or explore their genitals, explain that it's something we do in private not in public.



6. Don't tease about "boyfriends" or "girlfriends", say "friends who are boys" or "friends who are girls".



7. Make sure they understand what consent looks like – both for other people and themselves – and that anyone can change their mind or **say no** at any point if they're not completely happy with what's happening



8. Don't assume all children are heterosexual.



9. Tell them they can always speak to you as a Parent, to ask about things that they have seen or heard and don't understand.



10. As a parent, keep the communication going, who are their friends at School? Who are their online friends? **Make time to talk.**



**A good list of books for Primary aged children:**

<https://www.theschoolrun.com/best-books-for-children-about-puberty-and-sex>

**A good list of books for Secondary aged children:**

<https://www.waterstones.com/category/childrens-teenage/personal-and-social-issues/body-and-health/sex-education-and-the-facts-of-life>

**A good book for Parents/Carers:**

<https://www.amazon.co.uk/Sex-Education-Laura-Berman/dp/140534816X/ref=nosim?tag=myc0e-21>

**Useful websites for Parents/Carers:**

<https://parentinfo.org/article/disability-and-growing-up>

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education/parents-and-carers>

<https://www.fpa.org.uk/relationships-and-sex-education/parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>