

## 8J Relationships and Sex Education Resources for Parents/Carers

### Web Resources

**FPA** [www.fpa.org.uk/help-mums-dads-and-carers](http://www.fpa.org.uk/help-mums-dads-and-carers)

Advice for parents and carers about beginning and continuing conversation about RSE with their children.

**Sex Education Forum** [www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk)

To find out more about RSE and its aims and values, visit Sex Education Forum.

**NSPCC** [www.nspcc.org.uk](http://www.nspcc.org.uk)

Share Aware Guidance for parents on supporting children to become more aware of the benefits and dangers of sharing on line [www.nspcc.org.uk/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/keeping-children-safe/online-safety/)

Developing children's skills in keeping themselves safe from abuse <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

### NHS

A website for parent's/carers, young people and professionals. It offers clear advice to parents on beginning and continuing conversations with children and young people about RSE. For information and videos clips on talking about RSE to your children, see [www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx](http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx)

### BBC

For some ideas on how to answer children's question about relationships and sex

### Big Talk Education

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

### Leaflets

**Talking to Your Child about Sex and Relationships** [www.fpa.org.uk](http://www.fpa.org.uk)

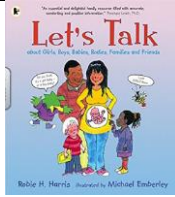
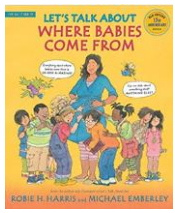

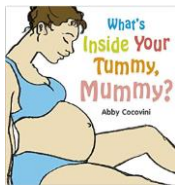
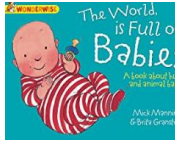

This booklet is packed with support for parents and carers of children of all ages who want to talk comfortably with their children about sex and relationships. Covers issues such as how to start talking about sex and relationships and what schools teach.

**Talking Together About Growing Up** [www.fpa.org.uk](http://www.fpa.org.uk)

A workbook for parents of children with learning disabilities.

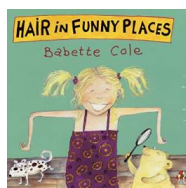
Coping with the changes that happen during puberty can prove difficult for parents and carers of children with learning disabilities. This essential resource offers support to parents/carers helping children who are approaching or who are around the age of puberty understand about growing up and sex and relationships. It will also help schools working in partnership with parents/carers to provide relationships and sex education for young people.

## Books

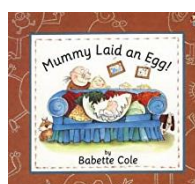
<b>Let's Talk: About Girls, Boys, Babies, Bodies, Families &amp; Friends</b> Robie H Harris	
	<p>Young children ask so many questions about their bodies and how they were made. With lively language, engaging art and clear, accurate information, this book answers those perfectly normal questions and will help even pre-school children feel proud and comfortable about their own bodies. It is an invaluable resource for parents, teachers, librarians and health professionals to use with children.</p>
<b>Let's Talk About Where Babies Come From</b> Robie H. Harris	
	<p>Covers a wide range of topics relating to sex and relationships in an accessible format. For children in key stage 2.</p>
<b>The Great Big Book of Families</b> Mary Hoffman	
	<p>An early introduction to different types of family. Useful to start conversations about who is in your family and what makes your family special.</p>
<b>What's inside your tummy, Mummy?</b> A Cocovini	
	<p>Every month a new picture shows how big baby is and how far along a timeline (featured at the foot of each spread) baby has moved. The real attraction of the book is the 'life-size' nature of the drawings, giving mother and child a fantastic opportunity to really explore what is happening, how big baby is in context to everyday objects and what baby can hear or indeed eats!</p>
<b>The World is Full of Babies</b> Nick Manning	
	<p>An information book about animals and humans and how different babies develop and are cared for.</p>
<b>What's Happening to Me? (Girls)</b> S Meredith	
	<p>A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters, such as buying your first bra. Approved by a team of top-notch consultants, this remarkable and reassuring book is entertaining, approachable and authoritative.</p>

**What's Happening to Me? (Boys) A Frith**

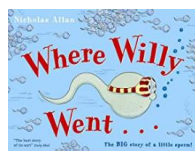

Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy-to-understand way, and it explains some of your feelings too - all you need to know for this important time in your life.

**Hair in Funny Places Babette Cole**


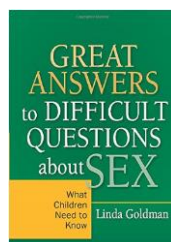
In Hair in Funny Places Cole takes a sideways glance at what happens to the body when it is hit by puberty. Hilarious illustrations of Mr and Mrs Hormone wreaking their revenge on the body, mixing their "Essence of Pube" and making mischief in the unsuspecting bodies of boys and girls as they fight their way towards adulthood will certainly raise a smile. But it is the frankness and simplicity of the text that really bites, encouraging an understanding of one of the most difficult phases in a human being's life.

**Mummy Laid an Egg Babette Cole**


Just how are babies made? Erm Well. . . they're delivered by dinosaurs, squigged out of tubes and found under stones! In this story the kids put their embarrassed parents straight and dispel the myths surrounding baby-making, growth and birth. Babette Cole careers through the facts of life with her no-nonsense text and funny illustrations.

**Where Willy Went Nicholas Allen**


A story relating a sperm's journey to meet and egg told in a humorous and accessible way

**Great Answers to Difficult Questions About Sex: What Children Need to Know Linda Goldman**


What does sex mean? Where do babies come from? Why is my body changing? Sex is never an easy subject for discussion and adults often struggle to find the right words when talking about it with children. This book explores children's thoughts and feelings on the subject of sex and provides parents and other caring adults with guidance on how to respond to difficult questions. The author explores some of the most common questions children ask about sex and provides sensitive yet candid answers, phrased in a way that children will be able to understand and relate to. Each chapter is devoted to a particular issue, such as how babies are made, relationships, and the differences between boys and girls. The book recognises the emotions and reactions of children and family members and includes separate conclusions for adults and children. This guide offers useful advice for parents and carers and will also be of interest to counsellors and other professionals working with children.