



How to talk about Sex and Relationships at home

Ten top tips for Parents/Carers

1. From the very beginning, always refer to parts of their bodies by the correct terms, for example, boys have a penis and girls have a vagina.
2. Ensure they are aware of 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 kindly that it's something we do in private not in public. A social story may also help explaining this visually.
6. Don't encourage or tease about "boyfriends" or "girlfriends" substitute with "friends who are boys" or "friends who are girls". Feeling pressured by this can lead to problems at School and with peers. Let them be children and enjoy their friendships, there is plenty of time for closer relationships when they get older.
7. Be clear about consent. 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 or a trusted adult within School, to ask about things that they have seen/heard and don't understand (again don't assume they know this).
10. As a parent keep the channels of communication going, be interested, who are their friends at School? Who are their friends on-line? Make time to talk.

A good book list 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-Ed-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/>