



Cambridgeshire Primary Personal Development Programme Toolkits Sex and Relationships Education

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

FPA www.fpa.org.uk/help-and-advice/advice-for-parents-carers

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

Sex Education Forum www.sexeducationforum.org.uk

For further guidance from the Sex Education Forum, download 'Talk to your children about sex and relationships: support for parents' Factsheet 31 www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf

NSPCC 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/preventing-abuse/keeping-children-safe/share-aware/

The Underwear Rule -Straight forward guidance on building children's skills in keeping themselves safe from abuse www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/

Family Lives www.familylives.org.uk

A website offering a range of advice in written form and web based. Also forums and advice lines etc for parents/carers of babies up to 18-year-olds. For information and videos clips on talking about SRE to your children, see www.familylives.org.uk/how-we-can-help/parentchannel-tv/

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 SRE. For information and videos clips on talking about SRE to your children, see www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx

Leaflets

Talking to Your Child about Sex and Relationships 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 A workbook for parents of children with learning disabilities www.fpa.org.uk

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 sex and relationships education for young people.

Talk to your children about sex and relationships: support for parents www.sexeducationforum.org.uk

Sex Education Forum 'Factsheet 31'. Download this free from the website

Let's Talk about Sex and Relationships www.sexualhealthsheffield.nhs.uk

A booklet for parents/carers on listening and talking with your children about sex and relationships. Available to order from Sexual Health Sheffield.

Books

Let's Talk: About Girls, Boys, Babies, Bodies, Families & Friends Robie H Harris Walker ISBN: 1406306061

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.



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Let's Talk About Where Babies Come From Robie H. Harris Walker Books ISBN: 0744540844

Covers a wide range of topics relating to sex and relationships in an accessible format. For younger children (KS2)

What's inside your tummy, Mummy? A Cocovini Red Fox Picture Books ISBN: 1862303606

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!

What's Happening to Me? (Girls) S Meredith Usbourne

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.

Mummy Laid an Egg Babette Cole Red Fox ISBN: 0099299119

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 Random House ISBN: 0091892953

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

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

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 Random House

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.

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.