

Talking with Your Child About Sex and Relationships Education

The main areas to cover:

- Respecting themselves and others
- Respecting individual differences
- Ways to express and deal with feelings and emotions
- Ways to keep safe
- Positive and supportive relationships

What do do:

- Talk to your child in an age appropriate way
- Listen and encourage them to share their feelings
- Be open and honest
- Build on their self esteem
- Keep it simple

The Early Years

Topics as recommended by Scottish Government:

- Awareness of the way bodies grow and change
- Uniqueness of their body
- Where living things come from
- Family and other special people who care for them

A parent said:

"It's very difficult to start a conversation out of thin air"

What do you do?

- Use the proper names for the parts of the body
- Use pictures, games, books, songs to encourage talking about relationships, feelings and emotions
- Use simple language
- Be honest

Middle Stage of Primary School

Topics as recommended by Scottish Government:

- Exploring changes in the body
- Menstruation / periods
- How human life beings
- Intimate and personal hygiene

A parent said:

"I want it to be better for my child than it was for me but sometimes I get embarrassed"

What can I do?

- Encourage your child to continue to take responsibility for their personal hygiene
- Talk to your child about changing feelings and emotions
- Discuss ways of keeping safe e.g. risks and dangers
- Encourage questions and answer honestly

Upper Stages of Primary School

Topics as recommended by Scottish Government:

- Physical and emotional changes at puberty
- Body image and self worth
- Dealing with sexual feelings
- Menstruation, pregnancy and birth

A parent said:

"I was already discussing this subject with my child as she had been asking questions so I feel that the school also dealing with this has been a very useful backup"

What can I do?

- Keep talking to your child about changing feelings and emotions
- Discuss the links between periods, pregnancy and birth
- Encourage your child to recognise the influence of peers and the media and to develop ways of dealing with them
- Reinforce the importance of personal safety