

Growing & Changing is Lifelong

Sex education is a personal thing and part of our learning for life. It is sometimes not easy to talk about.

It's about relationships and body changes and helping our children to have a vision of what life might hold.

Children are bombarded with sexual messages from TV, song lyrics, magazines and billboards.

If we don't begin to speak with our children when they are young, they may not find it easy to turn to us for advice or guidance when they are teenagers.

Looking at books and websites together can help, giving plain, truthful answers to their questions; looking with interest at what they are learning in sex education and checking over their understanding; and being aware that the issues are the children's own, not the adults' issues.

Do remember that if you have any concerns of any kind please contact the school or nursery to discuss. Don't sit on worries.

Try talking - it's not so difficult.

Useful Websites

www.nhsdirect.com

www.fpa.org.uk

www.parentscentre.gov.uk

www.cool2talk.org

www.bbc.co.uk/cbbc

Books and Other Resources

Author
Channel 4

Title

Living & Growing videos may be borrowed from

School or the Health Promotion Library at Gladstone Place, Stirling
Tel: 01786 434756

Cole, B.

Mummy laid an egg

Cole, B.

Hair in funny places

**Harris, R. H;
Emberley, M.**

Let's talk about sex

Ironside, V.

The huge bag of worries

Green, J.

I'm special

Moses, B.

I'm happy

Moses, B.

I feel sad

Moses, B.

I feel frightened

Rock, L.

Now we have a baby

Harris, R. H.

Let's talk about where babies come from



This leaflet was developed by NHS Tayside and modified for use in NHS Forth Valley

PARENTS INFORMATION LEAFLET



Talking with your

Child about Sex and Relationships Education

Child about Sex and Relationships Education

responsible

healthy

achieving

nurtured

safe

respected



For Parents of
Primary School
Children

