

How can I talk to my children about relationships and sex?

One group of 10-16 year olds came up with these helpful pieces of advice for parents:

- Take responsibility for talking to us. Don't just wait for us to ask.
- If we ask you things, always tell the truth. Don't put it off or say 'I'll tell you when you're older.'
- Don't be angry and try not to be embarrassed.
- Don't save it all up for a one-off 'birds and bees' lecture. We'd rather you talked naturally, little and often.
- Wait until we're at home and on our own together to avoid embarrassment.
- Make sure we know what you're talking about and let us ask you questions.
- Don't laugh at us or post on social media about what we have been talking about.
- If you don't know something, be honest and say that you don't know.
- Give us books or leaflets and share online information, but talk to us too.
- Don't expect school to tell us everything – we want to hear from our parents/carers too.

Useful information

www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it

www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-

Government guidance

To read the government guidance for Relationships and Sex Education follow this [link](#)

Further information

If you would like more information or would like to support us in reviewing our Relationships and Sex Education policy then please contact:
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Relationships and Sex Education (RSE)

RSE is a very broad topic, which makes up part of our Personal Development Curriculum. It includes learning about families, respectful relationships (including friendships), online and media, being safe and intimate and sexual relationships (including sexual health). It is often the last of these sections that families want to know most about. This leaflet will give you the information you need to know about this important part of our curriculum.

Why Study RSE

We all want our children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of adult life in modern Britain. The government have recognised this and as a result all secondary school aged children must be taught Relationships and Sex Education and Health Education, as part of PSHE (Personal, Social, and Health Education).

RSE is designed to equip your child with knowledge, skills and attitudes to help them make informed decisions about their wellbeing, health and relationships, as well as preparing them for a fulfilling adult life.

Our curriculum has been reviewed by parents and our student voice group have spent also time further shaping the sequencing and activities within the curriculum .

What will my child learn in Relationships and Sex Education?

- *how to recognise the characteristics and positive aspects of healthy relationships, including mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship*
- *that all aspects of health can be affected by choices they make in sex and relationships; for example physical, emotional, mental, sexual and reproductive health and well-being*
- *the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause*
- *that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others*
- *that they have a choice to delay sex or to enjoy intimacy without sex*
- *the facts about the full range of contraceptive choices, efficacy and options available*
- *the facts around pregnancy including miscarriage*
- *that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)*
- *how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing*
- *about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment*
- *how the use of alcohol and drugs can lead to risky sexual behaviour*
- *how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment*

How can I support my child with this?

Young people tell us they want their parents to be the first ones to talk to them about puberty, sex and relationships.

If families start talking to their children about puberty, sex and relationships they are less likely to get ideas that worry or confuse them. They also learn that it's alright to talk about these things at home and to ask questions.

Young people learn most about values and relationships from family experiences. Close, loving relationships are the best way of showing a young person how your family 'does things' based on your values and beliefs.

If families talk about relationships and sex openly and honestly, young people are:

- more prepared for puberty and the changes they experience
- more likely to resist pressure to have unwanted sex
- more likely to delay having sex for the first time
- more likely to use contraception if they do have sex
- less likely to have an unplanned pregnancy or to get a sexually transmitted infection.