

Talking to your Children



(February 2020)



The Law



- Primary school : governing body and Head teacher decide. Not mandatory.
- It is compulsory in secondary schools (HIV,STI)
- Every school must have a written statement of their policy and you are welcome to see it.
- As a parent you have a right to withdraw your child from the sex education, around 1% did in 2002.

New Sex Education Guidelines

- Not to concentrate on just biology but talk about relationships i.e. healthy relationships.
- Nurses are not teachers but are subject matter experts. We are not their teacher.



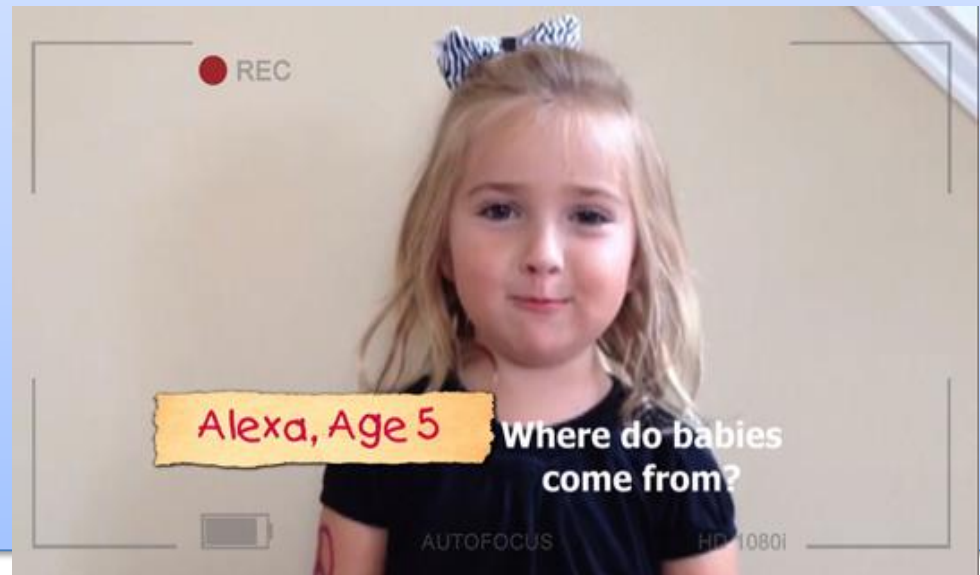
Why should parents talk to their children?

- Their children want them to as they trust them and helps them feel 'closer' Populus (2008).
- You have a unique role,
- Emotional relationship
- Unique knowledge of child
- Time
- Set the tone about sex and relationships



At what age should I start talking to them?

- As soon as they start asking questions, i.e. where do babies come from? Age appropriate.
- Establish what they know by asking the question back.



Being Embarrassed

- This is totally normal. Tell them you are.
- Practice without child first, saying the words out loud.
- Where to talk?



Broaching the subject

- Be crafty/creative. Use the third person /use the media. If you see a pregnant woman ask what their friends think about getting pregnant.



How to keep your child safe and build their sense of worth

- Talk positively about the changes in your body and about the joy of a healthy relationship. Good sex ed correlates with a positive self esteem.



We need to educate & protect our children



Robbing them of their innocence?

- Research says young people who don't talk about sex with adults are more likely to have underage sex.

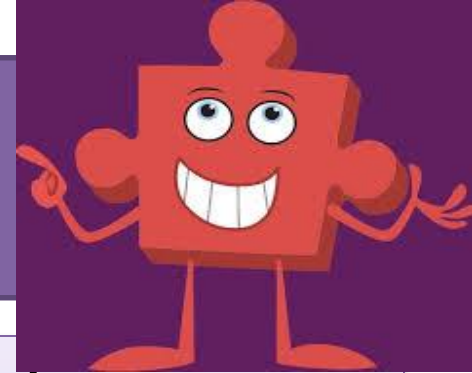
Silence breeds babies.

Talk to your child about sex.

We give correct information/ dispel myths



Jigsaw



- Comprehensive PSHE integrated package using a whole school approach, paid for by school. Includes lesson plans, mental health, emotional literacy,

SRE in the Jigsaw PSHE scheme		
FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

Years 1,2,3,4,5

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Primary School Nurse sex education

- Year 5: Puberty, physical changes in body,
—how to manage periods, wet dreams.



- Year 6: How babies are made; conception
—How a baby is born; fertilization, birth.
—Girl/boy talk. Recap

What a 9-13 year old needs to know about.

- Puberty and body parts
- Sex and reproduction
- Sexual orientation
- Contraception and sexually transmitted diseases.
- Periods and wet dreams
- Love and relationships



Ground Rules

- Remember to laugh!
- Younger children
- Confidentiality
- Words we use
- Its ok not to know
- How am I going to get the class to listen?



Questions in a letter box



Where to go for help

- Speak easy
- FPA, the leading UK sexual charity.
- Brooke charity
- Books; Osbourne books, 'Living with a Willy'
Mums net.
- There are courses!
- Tel 477065

