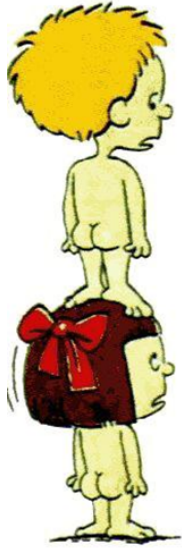


TALKING TO YOUR CHILDREN ABOUT RSE AT HOME



OK, So we've taken off our clothes and I'm on top of you - how long before we get that orgasm thing?

I don't know but now I understand why mummy has a headache all the time!

When it comes to sex, children's heads are probably not empty, they may be full of myths and half-truths. At Echelford, our goal is to build healthy attitudes and positive relationships and not just fight off perceived threats. By talking with children, regularly and often and having these open discussions we can develop and build these healthy attitudes.



TODAY'S CHILDREN AND YOUNG PEOPLE ARE GROWING UP IN AN INCREASINGLY COMPLEX WORLD AND LIVING THEIR LIVES SEAMLESSLY ON AND OFFLINE....CHILDREN AND YOUNG PEOPLE NEED TO KNOW HOW TO BE SAFE AND HEALTHY, AND HOW TO MANAGE THEIR ACADEMIC, PERSONAL AND SOCIAL LIVES IN A POSITIVE WAY.

DfE, Guidance on Relationships Education, Sex Education and Health Education 2019



What children learn with us at school is only part of the curriculum, children can and will continue to learn from you at home. We understand that for some parents and carers, it can feel totally natural to discuss relationships, puberty and human reproduction with their child, while for others it can seem uncomfortable. Either way, it is important to remember these key points:

** WE ALL WANT CHILDREN TO BE SAFE, HEALTHY AND HAPPY.*

** WE NEED TO CONSIDER THEIR NEEDS AND THE WORLD THEY INHABIT.*

** WE NEED TO NORMALISE TALKING ABOUT RELATIONSHIPS, PUBERTY AND HUMAN REPRODUCTION TO ENSURE CHILDREN FEEL THEY CAN TALK TO PARENTS/CARERS ABOUT ANY CONCERNS OR WORRIES THEY MAY HAVE.*

** WE MAY NEED TO CHALLENGE OUR OWN WAYS OF THINKING ABOUT HOW WE FEEL ABOUT RELATIONSHIPS AND SEX EDUCATION.*

** WE HAVE CHOICES. WE CAN AVOID TALKING ABOUT RELATIONSHIPS AND PUBERTY OR WE CAN COMMUNICATE OPENLY AND HONESTLY WITH CHILDREN.*

A FEW TIPS

Be honest.
If you don't know the answer to a question, be honest and say so. Tell your child that you will need to find out and that you will get back to them with more soon.

Keep lines of communication open. Having an open and honest relationship with your child can really help make conversations easier, so make sure that you are always willing to talk when your child needs you; if you can't, explain why and find another time when it is more convenient for you both.

Respond to what children say they need. The education they receive needs to reflect the concept that children's lives today are very different from even five years ago. Research shows us that lots of children want and need to understand relationships, puberty and human reproduction, and want to be able to talk with parents and carers about this when they have had lessons at school.

**ENJOY IT.
LAUGH WITH
EACH OTHER!**

Remember that children are curious and want to know and understand. We tend to place our adult perspective on children's questions and comments, when actually a child just wants (and needs) a very simple, age-appropriate, matter-of fact answer. This answer will not involve an 'adult' understanding of a topic – it needs to be at a child's level, with opportunity given for the child to be able to ask further questions if needed. Give yourself time to respond by asking something like, "What do you think that means?" or "Why do you ask?"

Answer the questions they have, even the ones that seem farcical. Have a phrase for awkward moments, such as, 'That's a good question, and let's talk about it once we get home'.

**IF IT ALL FEELS TOO
PERSONAL, TRY
TALKING ABOUT PEOPLE
IN BOOKS, FILMS AND
FAVOURITE
TELEVISION
PROGRAMMES.**

Use correct terminology. It helps that children aren't confused by hints, euphemisms and innuendo; use correct terminology whenever you can, especially for body parts. This is hugely important for safeguarding too.

Always respond. If you don't, they may think it is wrong to talk to you about relationships, puberty or human reproduction and as a result you may find your child clams up when you want to raise the subject, now or in the future.



**IF YOU HAVE ANY QUESTIONS ABOUT THIS, PLEASE SPEAK TO YOUR CHILD'S CLASS
TEACHER AND/OR OUR PSHE LEAD WHO YOU CAN CONTACT VIA THE OFFICE.**