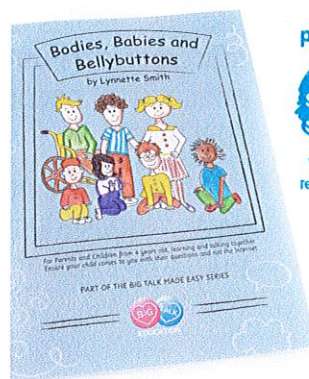
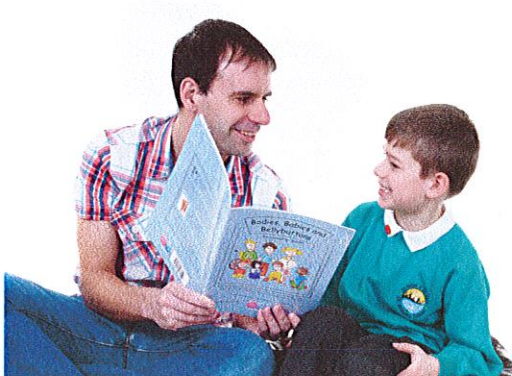


Talking with children about body science and relationships

Tips for Parents & School Staff



- ✓ From the very beginning always refer to parts of their bodies by the correct terms (information is power, plus paedophiles will avoid an educated child who knows to speak out).
- ✓ Ensure they are aware of the 4 parts of their body no one should touch unless they want them to: genital area (penis, vagina), bottom (anus) chest and mouth.
- ✓ Reassure them they can come to you if ANYONE touches them or asks them to keep a secret (surprises are ok, secrets are not).
- ✓ Never expect or force them to kiss people goodbye etc. blowing kisses, shaking hands or a "high five" can be a good alternative.
- ✓ If a child wants to touch or explore their genitals explain kindly that it's something we do in private not in public.
- ✓ Don't encourage or tease about "boyfriends" or "girlfriends" substitute with "friends who are boys" or "friends who are girls". Feeling pressured by this can lead to problems at School and with peers. Let them be children and enjoy their friendships, plenty of time for more intimate relationships when they get older.
- ✓ Let children know what your family values are or the School ethos regarding relationships and the way we treat others.
- ✓ Don't assume all children are heterosexual.
- ✓ Tell them they can always speak to you as a Parent or a trusted adult within School, to ask about things that they have seen/heard and don't understand (again don't assume they know this).
- ✓ As a parent keep the channels of communication going, be interested, who are their friends at School? Who are their friends on-line? Make time to talk!
- ✓ Wise up, if you're not feeling too confident choose a book for younger ones such as "Babies, Bodies and Bellybuttons". Copies of the book can be obtained from our website www.bigtalkeducation.co.uk for £9.99.



Frequently Asked Questions by Parents regarding age appropriate Relationship & Sex Education with Pre-School and Primary Children



Why start early?

- Because it's easier and safeguarding from an early age is essential.
- Young children are fabulous, as all parents know they ask loads of questions, not least of all about their bodies and your body!
- If they are asking questions they deserve answers.
- Ask yourself how would you like your children to learn about their bodies, their relationships and how babies are made?

Sex Ed at four ~ surely not?

- Relationship & Sex Education is an umbrella term used to describe a whole host of topics not just reproduction; some things are vital for even a three year old to be aware of, for example good and bad touches.
- Age appropriateness is the key, using the words, resources and approach that is most effective when addressing the issues relevant to their age as they grow and mature.

But it's the job of the Parents?

- Not all Parents/Carers feel confident or knowledgeable, scared they may say too much or too little plus virtually all Parents think it is **will** be covered at School at some point.

But won't they have it at School?

- Not all Teachers feel adequately trained and confident to deliver a rapidly changing subject that may compromise their knowledge and question their values.
- As **it is not statutory** in Schools until September 2019 it is sometimes not given the priority it deserves. We all need to work together to keep children safe.

Won't it take away the children's innocence?

- Nothing takes away innocence quicker than sexual abuse.
- Knowledge about their bodies won't stop them wanting to fly kites, go sledging or make sand castles.

- When body science is discussed they just add it to their knowledge bank, it is often us as adults that have the concerns.
- The world is changing and protecting our children with age appropriate information about risk is vital.

Why do they need to know "Grown Up" words?

- It is really important that children know the **correct scientific names** for their genitals.
- In the event of them ever being inappropriately touched they have the vocabulary to give exact information.
- For example "they touched my Minnie/tuppence/flower" is very vague as opposed to "they touched my vagina".
- Child abusers prefer uneducated children - those who don't have the words and knowledge of what's right and wrong.
- Research shows that an educated child is three times more likely to speak out if they are subjected to abuse.
(www.bbc.co.uk/news/education-32321204)

I didn't have this when I was at School, do they really need it?

- When today's adults were at School the world was a very different place, no mobile phones with cameras, no sexting, no easy available access to pornography or strangers via the Internet.
- It is imperative we educate children to be aware of the risks so they know to come to trusted adults with their questions about their bodies, relationships and sex etc. rather than the internet.

How can I find out more?

- BigTalk Education have published a book "Bodies, Babies and Bellybuttons" for use with four year olds upwards, also suitable for special educational needs pupils and those on the Autism spectrum.
- It is available on-line at www.bigtalkeducation.co.uk/resources-for-primaries.html at a cost of £9.99 (includes post and packing in the UK).