



## **Some resources suitable for parents and carers to help you talk to your children about growing up, relationships and sex**

*Please note that this sheet accompanies two companion sheets which already list suitable resources for aged 11 and under and for young people 12 and over, so please use the information listed below in conjunction with the other sheets to help you talk to your children.*

**GROWING UP, SEX AND RELATIONSHIPS: A BOOKLET TO SUPPORT THE PARENTS OF YOUNG DISABLED PEOPLE, LONDON: CONTACT A FAMILY**

This booklet has been written to support parents of children with physical disabilities and gives information on how disability may impact on sexual development, as well as ideas for communicating with young people about sex and relationships.

Available from [www.cafamily.org.uk](http://www.cafamily.org.uk)

**Question children ask** by Miriam Stoppard, (2001), Dorling Kindersley

This book provides suggested answers to many difficult questions that children may ask. It contains answers to a range of topics including growing up, relationships and sex.

**Speakeasy: talking with your children about growing up, fpa** (2008)

A book that has been written for parents and carers to help them talk to children and young people about sex, relationships and growing up. Contains suggested answers to questions that children of all ages may ask.

**Talking together... about growing up, fpa** (2004)

A workbook for parents of children with learning disabilities.

**Talking together... about contraception, fpa** (2005)

This two-book pack helps adults talk to young people with learning disabilities who wish to access contraception. Book One contains a guide on the methods of contraception available. Book Two has been written for young people and has clear pictures, easy-to-read stories and picture posters.

**Talking to your child about sex and relationships, fpa** (2006)

A booklet containing a lot of useful information to help you prepare to talk to your children about sex and relationships.

## Useful websites

### **[www.dfes.gov.uk](http://www.dfes.gov.uk)**

Information about the DfES (Department for Education and Skills) sex and relationships education at school, including a downloadable leaflet for parents.

### **[www.fflag.org.uk](http://www.fflag.org.uk)**

Offers help for parents and families to understand, accept and support their lesbian, gay and bisexual family members.

### **[www.fpa.org.uk](http://www.fpa.org.uk)**

Information about contraception, sex and relationships, abortion, sexual health, sexually transmitted infections.

### **[www.gotateenager.org.uk](http://www.gotateenager.org.uk)**

A website from ParentlinePlus especially for parents of teenagers, including a jargon buster for those times when your teenager may be talking in slang and you have no idea what s/he means!

### **[www.kidscape.org.uk](http://www.kidscape.org.uk)**

Information about child safety and protection from abuse.

### **[www.nspcc.org.uk](http://www.nspcc.org.uk)**

Information, statistics, help and advice about how to keep children safe.

### **[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)**

A charity for families which offers practical help and information on a number of different issues, including sex and relationships.

### **[www.pinkparents.org.uk](http://www.pinkparents.org.uk)**

Website offering a range of information for all LGBT families, including information about support services and social activities.

### **[www.selfharm.org.uk](http://www.selfharm.org.uk)**

A website for the families of young people who self-harm, and information about getting help for young people themselves.