Books and Websites to Support Relationships and Sex Education

Books to support Sex Education, Puberty and Relationships discussions:

- *Girls Only* by V Parker
- *How your Body Works* by Judy Hindley
- *Let's Talk About Sex* by R H Harris
- *Living with a Willy* by N Fisher
- *Sex is a Funny Word* by C Silverberg and F Smyth
- *The Period Book* by K Gravelle
- *The Puberty Book* by W Darvill
- *What's Happening to Me?* by P Mayle
- *Where Willy Went* by Nicholas Allan
- *The Girls' guide to Growing Up* by Anita Naik
- *The Boys' guide to Growing Up* by Phil Wilkinson
- *What's happening to Tom? Kate E. Reynolds*
- *What's happening to Ellie? Kate E. Reynolds*

Useful books for parents:

Questions Children Ask and How to Answer Them by Dr M Stoppard

Speakeasy: Talking with your Children about Growing Up by fpa (Family Planning Association)

Useful websites for children

Amaze.org- Puberty section (Age 9+)

BBC Teach –The Big Talk (age 9-12)

Kids' Health - Menstruation

Male puberty - including wet dreams

NHS - stages of puberty

Outspoken - RSE worksheets

Useful websites for parents

Family Lives

NSPCC

Other suggested RSE Activities

Draw around bodies

Draw around bodies and label parts, using correct words (and family names) and their purpose

What's in the bag? Puberty

Put together your own 'puberty bag' from household items. Discuss each one and why it's used, e.g. deodorant, razors, tampons/pads, shower gel, washing powder, tissues, hair gel.

What's in the bag? Growing up

Same as above for contents of handbag; items support discussions about growing up

Anonymous questions box

Have an old shoe box, or similar, where children could post questions that they might not be able to ask you verbally.

Praise and thank them for their questions. Try to answer them using the webpages above to help provide age-appropriate, fact-based answers.