

Top Tips for parents

1. Have a look at a range of resources to gain ideas and identify those appropriate for you and your child.



2. TV, films or a character from a book can be a useful way to explore feelings values and beliefs.



3. Use the correct terminology when talking about body parts: breasts, vulva, vagina, penis and testicles. Knowing the correct words for parts of their body helps to keep children and young people safe and look after their health. Even if you use other words at home, it's important that children know the correct terms too.



4. Talking about puberty, body image and body changes can be embarrassing which is often why we avoid it. It is OK to show your feelings, acknowledge embarrassment and use humour for any awkward bits!



5. One way of assessing your child's knowledge and feelings is for your child to draw a gingerbread person and draw or write body and emotional changes on and around the picture.



6. It is important that your child can ask you questions. Answer honestly and if you don't know the answer say you will find out. If your child asks a question at a difficult time prepare a response, e.g. *"that's a good question, let's talk about it later"*. However, ensure you do return to their question or you risk your child not coming back to you in future.



7. Take a lead from your child as to whether the discussion is pitched at the right a. level. Don't worry though, too basic and your child will ask for more detail, too advanced and they will only take away what they understand for their age, maturity and ability.



8. Don't give up if your first attempt doesn't go well. Try a different approach or an alternative resource such as a book, video link or website.

