

A decorative graphic on the left side of the page, featuring three overlapping organic shapes: a light blue shape at the top left, a lime green shape in the middle, and a yellow shape at the bottom. The shapes are set against a dark blue background.

# Talking to your children about growing up

# Why

- Everyone should know how their body works
- Children are naturally curious about their bodies and other people
- Your child needs to know about puberty before they go through it, otherwise they could be scared or shocked by the changes.
- When children can talk to their parents about sex and relationships, they're more ready for puberty, understand more about relationships, and are less likely to do things just because their friends are.
- Children are getting exposed to these topics in school and on TV a lot sooner than you think!



# Pants

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help



# When

- Before they start showing signs of puberty
- When they ask questions
- Use day-to-day situations to trigger conversations.
- Don't wait to have "the talk". It's never too early



# Who

- Parents
- Other trusted family member/friend
- School nurse
- Teacher
- Talk boxes



# How

- Use actual body part language for genitals. For girls, the genital area around the vagina is called the vulva. For boys, there's the penis and the testicles.
- Puberty is a normal part of growing up. Remember that, and remind your kids that there isn't anything "wrong" with the changes that their bodies are going through.
- Tell your child that they're growing up, there will be some changes that happen to everyone and you want to let them know what to expect.
- You don't have to go into detail. A short, simple answer might be enough.
- Work out exactly what your child wants to know.



# Resources that might help.

- [fpa.org](http://fpa.org) the sexual health charity
- NHS choices
- School Nurse
- Books
- ChildLine 0800 1111
- NSPCC [nspcc.org.uk](http://nspcc.org.uk)



