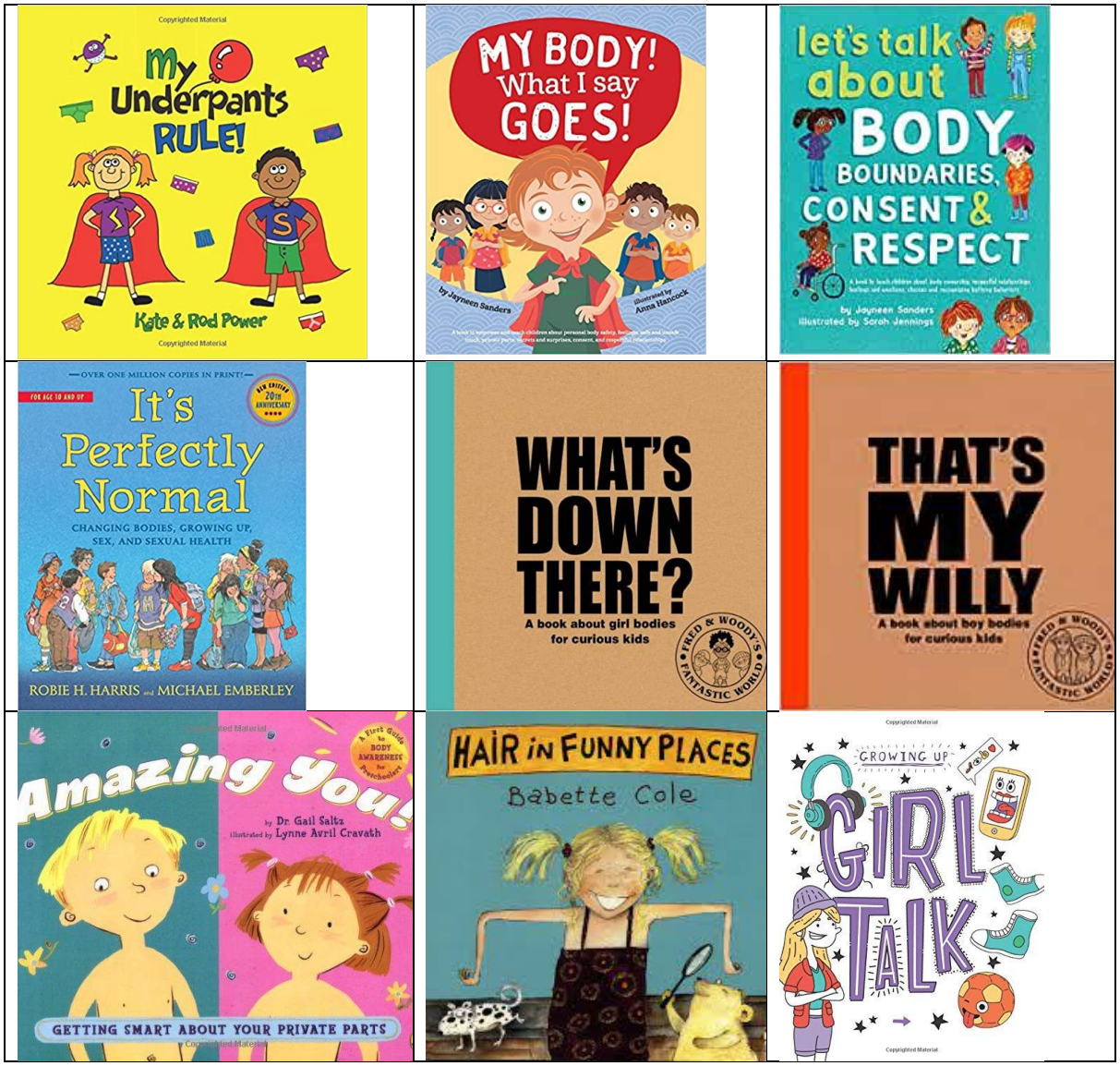
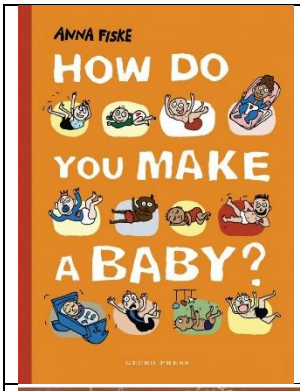
Support and advice for parents/carers talking about growing up and relationships

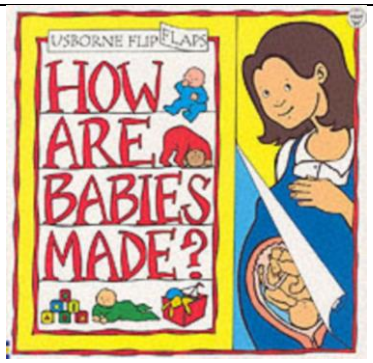
The books, websites and online resources are aimed at helping you to have conversations with your child about relationships and growing up. We recommend you look at content before discussing with your child.

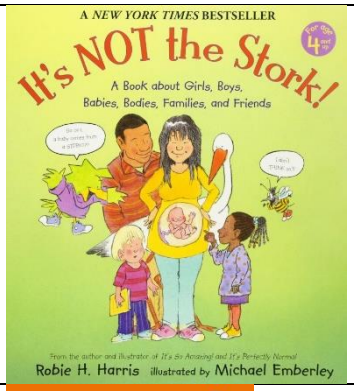
If you have any suggestions for additions to the resources below then please get in touch!

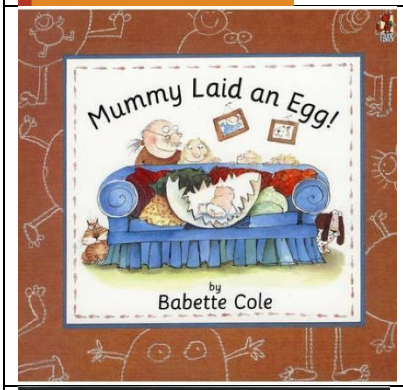
Books for Children

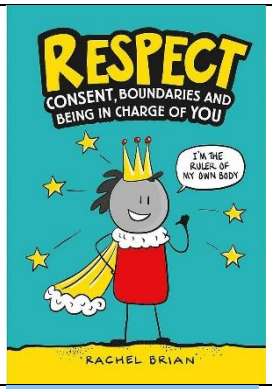


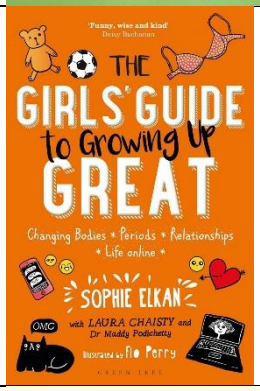

ANNA FISKE
HOW DO YOU MAKE A BABY?

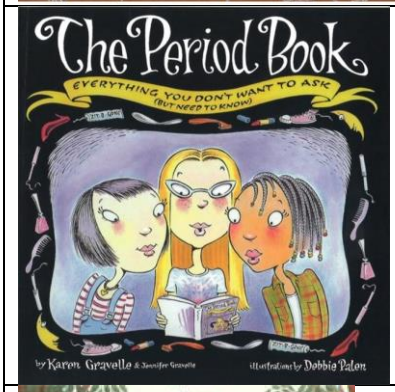

USBORNE FLIP FLAPS
HOW ARE BABIES MADE?

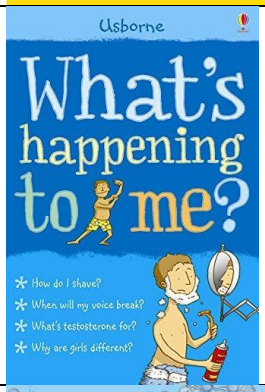

A NEW YORK TIMES BESTSELLER
It's NOT the Stork!
A Book about Girls, Boys, Babies, Bodies, Families, and Friends
Robie H. Harris illustrated by Michael Emberley

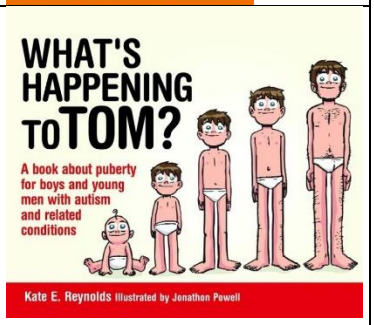

Mummy Laid an Egg!
by
Babette Cole


RESPECT
CONSENT, BOUNDARIES AND BEING IN CHARGE OF YOU
I'M THE RULER OF MY OWN BODY
RACHEL BRIAN

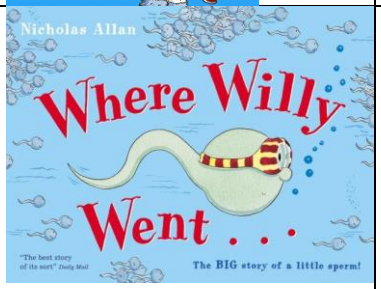

THE GIRLS' GUIDE to Growing Up GREAT
Changing Bodies • Periods • Relationships • Life online •
SOPHIE ELKAN
with LAURA CHAISTY and Dr Maddy Podichetty
illustrated by Flo Perry


The Period Book
EVERYTHING YOU DON'T WANT TO ASK (BUT NEED TO KNOW!)
by Karen Gravelle & Jennifer Gravelle
illustrations by Dobbie Paton

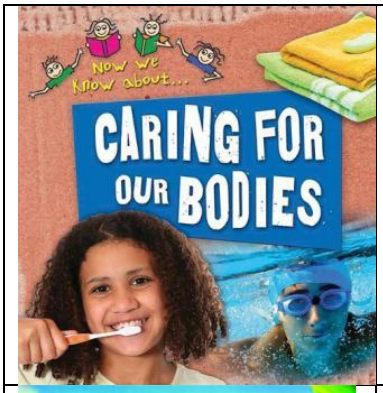

Usborne
What's happening to me?
How do I shave?
When will my voice break?
What's testosterone for?
Why are girls different?

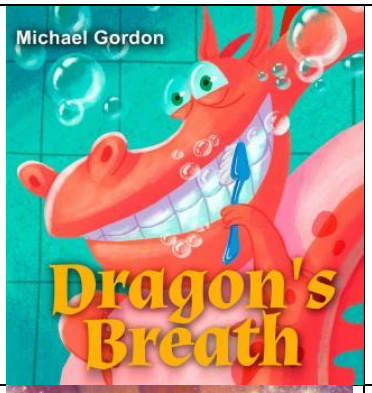

WHAT'S HAPPENING TO TOM?
A book about puberty for boys and young men with autism and related conditions
Kate E. Reynolds illustrated by Jonathon Powell

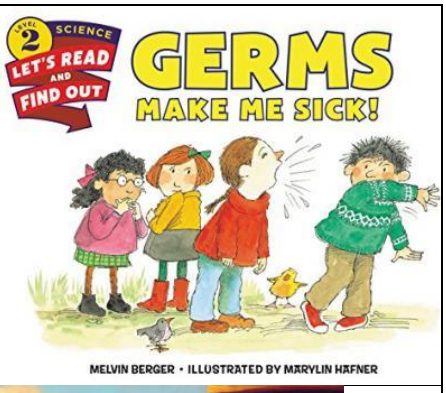
Usborne
Lift-the-Flap
First Questions and Answers
Where do babies come from?

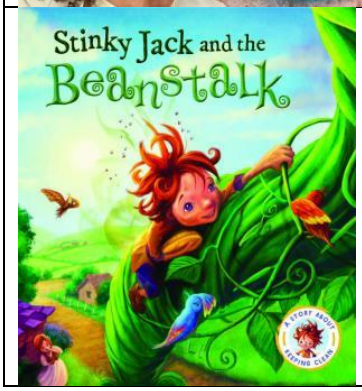

Nicholas Allan
Where Willy Went . . .
The BIG story of a little sperm!

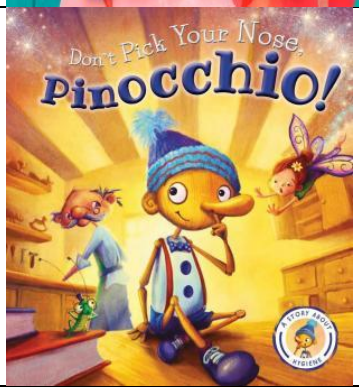
Books about Personal Hygiene

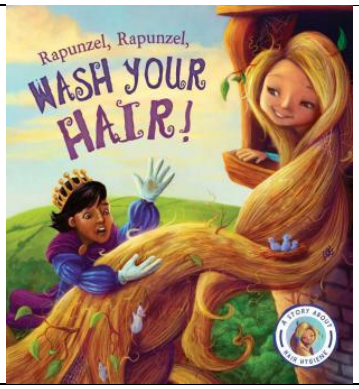




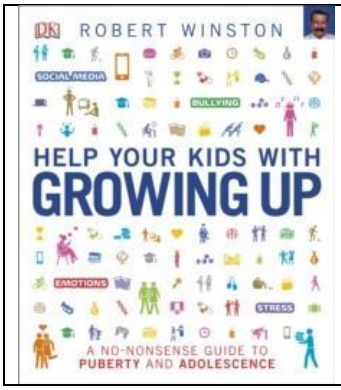


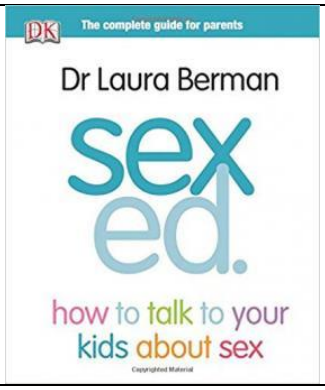


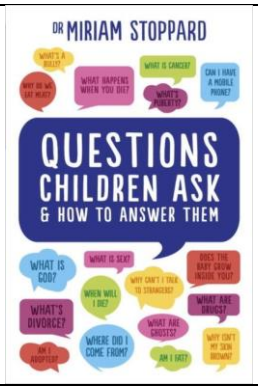




Books for Parents







Online Resources

• FPA leaflet downloads (scroll to bottom of page for more age appropriate links) – The FPA have a range of leaflets and booklets that can be downloaded and discussed with a young person. There is a section for Relationships and Sex Education (RSE) with leaflets for a range of ages. https://www.fpa.org.uk/professionals/resources/leaflet-and-booklet-downloads

• Betty for Schools Parent Hub Blog - Aims to encourage open and honest discussions about periods with young people. The parent blog section gives advice on how to talk to your child about periods. https://wearebetty.com/pages/parent-hub-blog

• National Autistic Society provides some tips and guidance on talking to a child with autism about sex and relationships topics. The Autism Awareness Centre also has an article about discussing periods. https://autismawarenesscentre.com/prepare-girl-autism-menstruation/

. • 'Always' provide tips and advice for parents and carers on talking about periods.https://www.always.co.uk/en-gb/tips-and-advice-for-girls-and-parents/parents-and-carers/

- https://amaze.org/ age-appropriate information, clear and accurate language, with many short videos that help explore various topics around puberty, body changes, periods, etc.

- Busy Bodies Video clips https://vimeo.com/user/96707063/folder/729017

- https://www.outspokeneducation.com/ online resources including a range of free resources for different age ranges, to support parents to talk openly about bodies, body image and relationships.

- https://booksbeyondwords.co.uk/bookshop/paperbacks/susans-growing books on growing up for parents to share with children with learning disabilities