

# What Can I Do Now

- **TALK TO OTHER PARENTS**

We can all benefit from the experience and support of other parents facing the same challenges

- **FIND OUT**

When Health Educators will visit your child's school for sex and relationships education sessions and how you can support them

- **FIND**

Some fun books to read with your child. There are lots of good books available for children of all ages

- **DON'T PANIC!**

The earlier you start the easier it is

- **BE HONEST**

Simply answer the questions as they arise

- **TALK TO YOUR CHILD ABOUT KEEPING SAFE**

Explain that their bodies are their own and no one should touch them in a way that makes them confused or uncomfortable in any way

## Local Help!

### Your Child's School

States of Guernsey

Education Department

Tel: 224000



### SHARE Health Educators

Email: [share@education.gov.gg](mailto:share@education.gov.gg)

Tel 224072



### Health Promotion Unit

Princess Elizabeth Hospital

Tel: 227311

### School Nurses

Lukis House

Tel: 225241

# Learning about Sex and Relationships



## Information for Parents of Primary School Children

## What is Sex and Relationships Education?



- Lifelong learning about emotional, moral and physical development
- Understanding the importance of stable and loving relationships, respect, love and care
- Sex, sexuality and sexual health appropriate for the child at their stage of development
- Development of decision making skills

## Why Sex and Relationships Education....

### ...for Primary School Children?



- Children are naturally very curious about what is happening to them and the world around them and in the absence of accurate explanations will invent their own
- Young children are just as curious about sexual body parts and functions as they are about any other part of the body. Informal sex education begins long before children enter school
- Almost from birth children start to learn what it means to be male or female, how their bodies work, how to give and receive affection and about relationships
- Children are not only growing up faster today, they are actually maturing at an earlier age. Some females will begin to change as early as 8 years old and significant numbers are menstruating at 10 years of age. Some males are beginning to change at age 10.

**SHARE, a team of two Health Educators employed by the Guernsey Education Department, will begin to see males and females in split groups at about age 10 to explain some of these changes**

### Sex and Relationships Education has three main elements:



- **Attitudes and Values**
- **Personal and Social Skills**
- **Knowledge and Understanding**

#### Attitudes and Values

- Developing a positive approach to relationships
- Learning the value of respect, love and care
- Learning the value of family life and stable and loving relationships

#### Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively
- Developing self-respect and empathy for others
- Learning to make choices based on an understanding of difference and with an absence of prejudice
- Managing conflict
- Learning how to recognise and avoid exploitation and abuse

#### Knowledge and Understanding

- Learning and understanding physical development at appropriate stages, e.g. puberty
- Understanding human sexuality, reproduction, sexual health, emotions and relationships

## What should Sex and Relationships Education achieve?

### Sex and Relationships Education should enable children to:

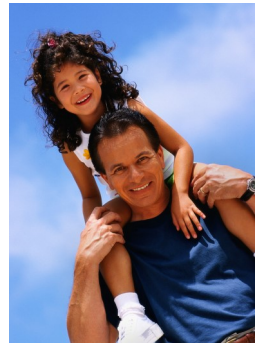
- Develop confidence in talking, listening and thinking about feelings and relationships
- Name parts of their body and describe how their bodies work
- Protect themselves and be able to ask for help and support
- Be prepared for such stages of growing up as puberty

### Parents role...

#### ...in sex and relationships education

#### Children need:

- Opportunities to talk about feelings and relationships
- Honest and appropriate answers to their questions about growing up, relationships, having babies, etc
- Practical help and reassurance about the emotional and physical aspects of growing up



Children who have parents who listen to them and are open and informative about answering their questions and discussing their concerns have a trusted resource to turn to in times of confusion or worry.