



CLAYCOTS PRIMARY SCHOOL

Relationship and Health Education Policy

A guide for Parents/ Carers

How can I talk to my child about relationships, puberty and human reproduction?

Whilst some parents/ carers may feel confident discussing relationships, puberty and human reproduction with their child(ren), some may not. Nevertheless, it is vital to remember the following key points:

- We all want our children to feel safe, to be happy and healthy.
- We need to consider their needs.
- We need to normalise talking about relationships, puberty and human reproduction so that we are discouraging taboos to exist.
- We should communicate openly and honestly with our children using age-appropriate language – they need us!

Here are some tips for talking to your child:

- Be honest: if you don't know the answer to a question, be honest and say so. Tell your child that you will need to find out and that you will get back to them with more soon.
- Remember that children are curious and want to know and understand. Often, children just want/ need simple, matter-of-fact answer that are age- appropriate and an opportunity to ask further questions. Give yourself time to respond by asking something like, "What do you think that means?" or "Why do you ask?"
- Keep lines of communication open: having an open and honest relationship with your child can really help make conversations easier, so make sure that you are always willing to talk when your child needs you; if you can't, explain why and find another time when it is more mutually convenient.
- Use the correct terminology: it helps that children are not confused by hints, euphemisms and innuendo; use the correct terminology whenever you can, especially for body parts. This is important for safeguarding too.
- Respond to what children say they need: It is important to remember that children's lives today are very different from even five years ago. Therefore, the education they receive needs to reflect this. Research constantly demonstrates that children want and need RHE that is age- appropriate and that teaches them about relationships and emotions. The teaching of RHE delays sexual activity, ensures children are safer and empowers them to make their own healthy choices.

- Answer questions and don't be afraid to say: 'I really don't know – let's work it out or look it up together'. Have a phrase for awkward moments, such as: 'That's a good question, and let's talk about it once we get home'. Then make sure you do!
- Always respond: if you don't, your child may think it is wrong to talk to you about relationships, puberty or human reproduction and as a result you may stop confiding in you.
- If it feels too personal, you could try talking about people in books, films and favourite television programmes. We will provide a list of recommended books available at Claycots and the Slough Libraries.
- Listen rather than judge. Try asking them what they think.
- Enjoy it. Laugh with each other.
- Work in partnership with the school.