



# **RELATIONSHIPS & SEX EDUCATION**

## **TOOLKIT FOR PARENTS & CARERS**



### **Brook Charity - RSE At Home**

Videos for parents on key RSHE topics.

### **Brook Charity - E Learn**

Short courses on key RHSE topics. Aimed at professionals but ideal for parents who want to learn more.

### **BISH UK**

Resources and e-learning for parents on key RSHE topics.

### **Department of Education**

Guidance for parents on the new statutory Relationships and Sex Education in secondary school.

### **Big Talk Education**

Resources and guides for parents.

### **Sex Positive Families**

Resources for parents on raising sexually healthy children.

### **RSE Hub**

10 tips for talking to your child about sex and relationships.

### **Mermaids UK**

Advice for parents on supporting gender variant children.



## **Stonewall**

Advice for parents on supporting an LGBTQ+ child.

## **Child Mind Institute**

How to talk to kids about sex and consent.

## **Consent Parenting**

Teaching your child about consent.

## **Think U Know**

Supporting positive sexual behaviour.

## **Parent Info**

Talking about sex and relationships.

## **Parent Info**

Supporting teenagers through relationships.

## **Think U Know**

Advice for parents on online safety.

## **It Happens**

Directory of organisations, books and videos for further information and support on a range of topics.

## **It Happens 'Festivals'**

Advice on staying safe during festival season, including substance use, boundaries and safety.



## **Books:**

'How To Grow A Grown Up' - Dr Dominique Thompson

'Beyond Birds And Bees' - Bonnie J Rough

## **Podcasts:**

'Raising Teens' - Care For The Family

Talking Teenagers - James Shone & James Sertin

Ask Lisa: The Psychology of Parenting - Dr Lisa Damour

## **Useful Websites For Teenagers:**

Brook Charity

BISH UK

The Mix

Sex Wise

Young Minds





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