

www.nspcc.org.uk/

This website contains links to other relevant sites as well as helpful research and reports . Find out about Pantosaurus and the Underwear Rule!

<http://kidshealth.org/en/>

This website has sections just for children and teens as well as parents.

www.nhs.uk/Livewell/

this site contains practical health tips.

www.youngminds.org.uk/for_parents/

Tips on what to do if you are worried about particular behaviour.

Other helpful sites and contacts:

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“If you have any concerns, please do not hesitate to call into school for a chat.”

Kay Davey

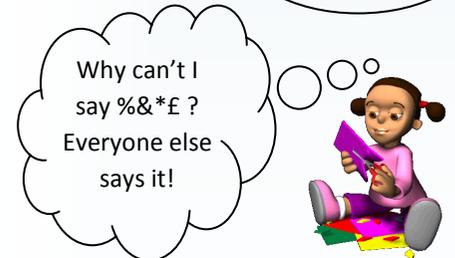
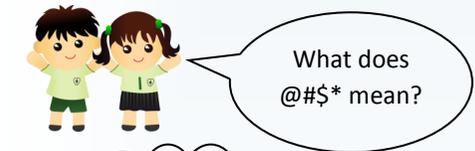
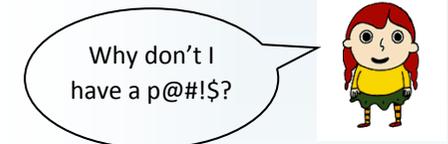
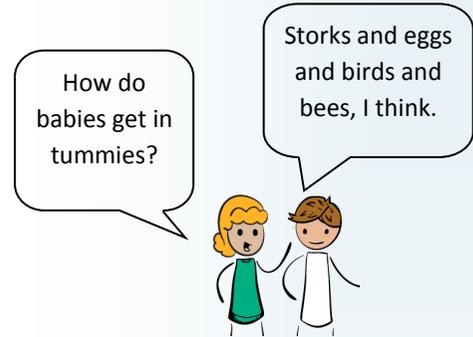


Advice and information on 'Stages of Behaviour' are taken directly from the NSPCC website

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Helping our children stay safe....



Kay Davey
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Talking to our children about their bodies, sex and 'swear-words' can be difficult and embarrassing conversations. . . .

- "Where do we start?"
- "What should we say?"
- "What if I say the wrong thing?"

All these are normal questions that all parents ask themselves.

- "They are too young to know anything!"
- "I don't want to give them too much information!"

Again, these are normal thoughts for us all to have, when our children are young. But children are naturally curious and will start to ask questions.

Children have access to more media than ever before and this is leading to these questions being asked earlier and earlier.

So, what should we say?



Finding out what they already know will give you a starting point as to what they need you to tell them.

It can often be a relief to realise that, what they are asking for is just basic information.



How to talk to your child about sex:

If your child is asking questions then they are ready for truthful answers. It's NEVER too early to start talking. Children want to know about their bodies and other people. By answering their questions you can help them understand their feelings and other people's feelings too. This is a great basis for open and honest communication about growing up and relationships.

Evidence shows that children whose parents and carers talk about sex openly have a healthier attitude to their own bodies and puberty.

How much should I tell my child?

This depends on your child, by led by their question. If they seem happy with your answer you've probably given them enough information.

Don't go into detail. Short simple answers are usually enough. For example, if your 3 year old asks why she hasn't got a penis like her big brother, you could simply tell her that boys have penises on the outside and girls have vaginas on the inside!. That would probably be enough to satisfy her curiosity!

It's a good idea to have some answers to these questions already in your mind. No matter how open we think we are, there will be times when you need a quick answer to deal with awkward questions in the supermarket queue or on the bus!

Having something like "That's a good question. I'd like to talk about that properly when we get home." or "That's a good question, but we need to talk about it in private." Make sure you do remember to talk about it later though.



Stages of Normal Sexual Behaviour

There are 4 stages of childhood sexual development. Just like any other part of growing-up, some children mature sooner or later than others. So please don't be too worried if you child doesn't act exactly as you'd expect.

Infants: 0—4 years:

Even at this stage , sexual behaviour is beginning to emerge through actions like

- *Kissing and hugging*
- *Curiosity about private parts*
- *Talking about private parts, using words like willy, bum and poo.*
- *Playing house or doctors and nurses type games with others*
- *Touching, rubbing or showing their genitals or touching themselves as a comfort habit.*

Young Children: 5—9 years:

As they get a little older they become more aware of the need for privacy, while at the same time:

- *Kissing and hugging*
- *Showing curiosity about private parts but respecting privacy*
- *Talking about private parts and sometimes showing them*
- *Trying to shock by using words like willy, bum and poo*
- *Using swear and sex words they've heard other people say*
- *Playing house or doctors and nurses with others*
- *Touching, rubbing or showing their private parts*

Pre-Adolescents: 10—12 years:

They become more curious about sex and sexual behaviour:

- *Kissing, hugging and dating others*
- *Noticing other's body parts and the changes that come with puberty*
- *Asking about sex and relationships*
- *Looking for information about sex (check your internet settings)*
- *Masturbating in private*

Adolescents:13—16 years:

As puberty kicks in, sexual behaviour becomes more private:

- *Kissing, hugging, dating with longer-lasting relationships*
- *More interested in and asking questions about body parts, relationships and sexuality*
- *Using sexual language and talking about sex with friends*
- *Looking for sexual pictures or online pornography*
- *Masturbating in private and experimenting sexually with their own age group*