

Resources to support talking to your child about keeping safe and growing up (Primary)

Cardiff Healthy Schools Team

Parents and carers across Wales are helping their children to do school work from home and this has been a learning curve for many of us! One aspect that may not have been thought about at the beginning is helping your child to learn about growing up and personal safety. This is particularly important for primary school children as, although many aspects around friendships and relationships will be covered throughout the school year, there are certain aspects such as puberty and menstruation (periods) in Year 5 and 6 that may not be covered until the summer term. Topics such as personal safety and safe touch may also not have been covered yet in Foundation phase or lower Key Stage 2 classes.

Each primary school will deliver lessons on friendships, relationships and puberty (growing up) in a way that complements the faith and cultural diversity of the school community and to find out what your child's school delivers throughout the school year you may wish to contact the school directly.

As a family you will decide what you feel comfortable talking about at home, but a suggestion for where to start is as follows:

- **Foundation Phase (Nursery to Year 2)** – Personal safety / safe touch, good/bad secrets, online safety. It is recommended that parents/carers also talk to their child about the proper names for private body parts, to help keep the child safe.
- **Lower Key Stage 2 (Year 3/4)** – personal safety / safe touch, good/bad secrets, online safety.
- **Upper Key Stage 2 (Year 5/6)** – **physical and emotional changes during puberty (growing up), menstruation (periods). Ideally in Year 6 the children should also learn the basics about conception, pregnancy and birth.**

Below is a list of websites and books to help you have conversations with your child about these topics (*Ctrl + click on the links highlighted and underlined in blue*):

1) Websites / Online resources

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

- [FPA leaflet downloads](#) – 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.
- [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.
- [Outspoken Education](#) is an online resource specifically for parents and carers, and has 'Tips by Age' pages on how to talk openly with children aged 2-5, 6-10 and 11-16+. There are also resources for Age 4-11 and 11-16.
- [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.

BBC Teach – Key Stage 2

[The Big Talk](#) - These video clips are of children who ask anonymous questions provided by their peers around relationship and sex education to a number of trusted adults. There are lots of different topics covered and you may find some all of them useful.

Topics include:

- Body image
- Puberty
- Respect
- Sexual health
- Online safety

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- Healthy relationships
- Understanding gender identities

Although these short films are designed for teachers to use with children aged 9-12 they could be used by parents and carers to:

- prepare for the types of questions your child may ask and ideas on how to answer those questions, or
- watch together with your child and then discuss any questions they might have. ***Please view the videos before watching with your child.***

'Growing Up' resource on Hwb

You may wish to use the bilingual 'Growing Up' teaching resource that can be found on [Hwb](#). Aspects of this resource are used in many Cardiff primary schools and can be accessed through your child's Hwb account by typing 'growing up' in the 'search' box (once logged in). Topics are mainly aimed at Year 5 and 6, covering aspects such as **safe touch, puberty, periods and reproduction**. (Tip: If the resource comes up in Welsh and you require English, click on the smiley face in the top left corner).



Amaze.org

[Amaze.org](#) has a parent section with age appropriate resources to support talking to children age 4-9 about growing up. 'Amaze jr' covers topics such as **body parts, keeping private parts private, gender and 'where babies come from'** through a range of cartoon videos. It is an American-based website.

Personal Safety and safe touch

- [NSPCC PANTS](#) – With the help of the friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse. The PANTS rule covers:
 - Privates are Private
 - Always remember your body belongs to you
 - No means No
 - Talk about secrets that upset you
 - Speak up, someone can help

There are guides for parents and foster carers as well as guides for children, including those with learning disabilities or autism. There is also the Pantosaurus video and a video using British Sign Language.

For Welsh resources scroll down the page. Welsh Pantosorws video on Youtube: [Pantosorws](#)

Puberty and Periods (menstruation)

- [Betty for Schools](#) – Primarily this is a site with resources for teachers, but they have opened up their resources for parents/carers for a limited time. When registering, put the name/postcode of your child's school, and in 'School Type' and 'Position' click 'parent/carer'. There is also a [Betty Blog](#) which may be useful to talk through different topics with female pupils in Year 6 (or above). In addition, there are two [videos](#) from a young person's point of view. The [Betty for Schools Parent Hub Blog](#) gives advice on how to talk to your child (son / daughter) about periods.

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- [Brook](#) - a range of resources (mainly for schools), including a 'Puberty Handout' and 'Period Handout' which can be talked through with your child. There are also pages on different topics that could be looked at together or by the young person alone. These are in the 'Help & Advice' - 'My Body' section:
 - Periods - [Brook Periods](#), including a period FAQs page.
 - Puberty - [Brook Puberty](#)
- [Always](#) tips and advice for parents and carers on talking about periods.

Online safety

- [Thinkuknow](#) home activity packs contain simple 15 minute activities to do with your child on keeping safe online. Packs for ages 4-14+
- [NSPCC Guidance](#) on talking to your child about online safety
- [UK Safer Internet Centre](#) - Online safety tips, advice and resources such as films and storybooks to help children and young people stay safe online. For ages 3-19.
- [BBC Own It App](#) - For children and young people who have a mobile phone to support safeguarding and wellbeing - The Own It app will help a young person to make smart choices, feel more confident and get advice when they need it. Available for all smart phones.

2) Books

The following are some examples of books that can support conversations with your child about growing up. We would recommend that you look at the content first and then decide how the book can be used to compliment discussions with your child.

Personal safety

- *I Said No! A Kid-To-Kid Guide to Keeping Your Private Parts Private, by Kimberley King*
- *Do You Have a Secret? by Jennifer Moore-Malinos*
- *My Underpants Rule! By Kate and Rod Power*
- *My Body! What I Say Goes! By Jayneen Sanders*
- *No Means No! By Jayneen Sanders*
- *Some Secrets Should Never Be Kept by Jayneen Sanders*

Puberty (Key Stage 2)

- *What's happening to Me (Boys) by Alex Frith* - a detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.
- *What's Happening to Me (Girls) by Susan Meredith* – a detailed and informative guide to female puberty, tackling key subjects from the physical changes that occur to practical matters.
- *Girl Talk (Growing Up) by Lizzie Cox* – Covers topics from a female perspective, including puberty, personal hygiene, relationships, staying safe online and different types of bullying in a funny yet sensitive way.
- *Guy Talk (Growing Up) by Lizzie Cox* - Covers topics from a male perspective, including puberty, personal hygiene, relationships, staying safe online and different types of bullying in a funny yet sensitive way.
- *What's Happening to Tom? A book about puberty for boys and young men with autism and related conditions, by Kate E. Reynolds*
- *What's Happening to Ellie? A book about puberty for girls and young women with autism and related conditions, by Kate E. Reynolds*

We do hope you find this information useful. If you would like more information about what would be covered in your child's year group, we recommend contacting your child's class teacher directly.