

Resources to support talking to your child about puberty and relationships (Secondary)

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! As children have been missing out on their face-to-face PSE (Personal and Social Education) lessons in school it is important that parents and carers open up conversations about growing up, relationships and sex. The Cardiff Healthy Schools team have pulled together some website links and suggestions for online resources that can help parent/carers access relevant resources to support these discussions.

Each secondary school will deliver lessons on puberty (growing up), relationships and sex 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. Ideally, ask your child what they have already been taught in school and whether there is anything they would like to know more about. We do understand that not all young people will want to talk to their parents or carers about these topics, so if they are really not keen, give them some website addresses they can look at themselves. The parent/carer can then check in with their child in a few days to see if they've had a look and want to discuss anything.

Covered in this document:

- 1) **Websites and online resources for parents/carers to use**
- 2) **Useful websites for young people**
- 3) **Podcasts and Apps**
- 4) **Sexual health and other support services for young people**

The websites and online resources are aimed at helping you to have conversations with your child about relationships and growing up. There are also websites and apps that the young person can access information for themselves. **We do recommend you look at the website/podcast content before discussing with your child.** At the end, there is a list of sexual health and other support services, should they be required.

(Ctrl + Click on the links highlighted and underlined in blue):

1) Websites and online resources for parents/carers to use

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.
- [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.
- [Down's Syndrome Association](#) have produced a set of downloadable resources for young people and adults (aimed at age 18+). There is a cost to these resources. Packs include: 1) Consent 2) Privacy and Boundaries 3) Relationships 4) Sexual Acts 5) Sexuality, Gender and Safe Sex. There is also an illustration pack.

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BBC Teach

Due to the sensitive nature of some of these subjects, viewing films is advised before watching with your child.

[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. They are aimed at young people aged 9-12 and it is advised that you view the materials before watching with your child.

Topics include:

- Body image
- Puberty
- Respect
- Sexual health
- Online safety
- Healthy relationships
- Understanding gender identities

[BBC Teach - Your Body Your Image](#) - A series of films that bust body image myths and investigates the commercialisation of body image ideals. Aimed at young people in Key Stage 3 and 4 and it is advised that you view the materials before watching with your child.

[BBC Teach 'L8R Youngers 3'](#) is a series of short films that explore the risks and causes of alcohol misuse, the impact and stigma of poverty, sexuality and the pressure to have sex for both girls and boys, as well as sexting and the impact of social media. Aimed at children in Key Stage 3 and 4 and it is advised that you view the materials before watching with your child.

[BBC Teach - Love Hurts](#) is a series of drama documentaries showing how relationships can go wrong and end up being emotionally or physically hurtful. Aimed at young people in Key Stage 4 and it is advised that you view the materials before watching with your child as they contain adult themes.

Brook - <https://www.brook.org.uk/>

Brook have webpages on a range of different topics that could be looked at together, or by the young person alone. These include topics such as puberty, periods, staying safe online, gender, relationships, sex and contraception. There are also online [resources](#) (mainly aimed at schools), including handouts and videos which can be talked through with your child. Some videos use British Sign Language.

NHS Live Well - <https://www.nhs.uk/live-well/sexual-health/>

The NHS Live Well website has a 'Sexual Health' section with a range of facts to share with young people. In the 'Advice and Support' tab there is a range of advice regarding young people, puberty and sex.

Outspoken Education - <https://www.outspokeneducation.com/>

Outspoken Education is an online resource specifically for parents and carers, and has 'Tips by Topic' and '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.

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Sexplain - <https://sexplain.org.uk/online-resources>

Sexplain have created a series of fun and accessible worksheets which students can complete independently from home. They are based around relationships and sexuality topics, using 'teachable moments' from popular TV shows and films. The suggested age group is stated above each collection of worksheets but it is recommended you view the content of the shows in advance.

Resources about menstruation (periods)

- [Betty for Schools](#) – Primarily this is a site with resources for teachers to teach about periods, but they have opened up their user-friendly 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. 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.
- [Keep Wales Tidy 'Busting the Myths – Period' playlist](#) on Hwb (English and Welsh) – looks at periods from different perspectives, including reducing stigma and the issue of plastic pollution. The section, 'What are the choices' looks at different period products, including more eco-friendly options.
- [Always](#) provide tips and advice for parents and carers on talking about periods.

Resources about 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.
- [Internet Matters](#) have pulled together recommended resources for parents/carers. The resources cover topics such as social media, apps, gaming platforms, sexting and bullying.

2) Useful websites for young people

- [Frisky Wales](#) – This website for young people is produced by Public Health Wales to support sexual health advice, STI risk assessment and testing, and contraception.
- [NHS Live Well](#) – Young people can access information about puberty and sexual health from the NHS site (as detailed above).
- [BISH UK](#) - This website has lots of information for young people aged 14+ on sex, sexual health, relationships and much more. The site uses great graphics and short films, as well as blogs and information, making it very accessible and user friendly for young people.
- [Brook](#) - A young people friendly website that offers info on all aspects of sexual health (as detailed above).
- [Fumble.org.uk](#) - A digital media platform established by a charity for young people to learn about sex, sexual health, their bodies, relationships, friendships, mental health, and sexuality.
- [The Mix](#) - Free helpline, email, crisis text line, one-to-one live messaging. Also information on sex and relationships on the website (and other topics). Tel: 0808 808 4994

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- [Rise Above](#) – A website for young people which includes articles, videos, games and advice on a range of different topics
- [Stonewall](#) - Support and information on LGBT+ issues. Also have a Stonewall Cymru site and Stonewall Youth site which can be accessed from the main site.
- [Youth Cymru](#) has a young people's site with information about opportunities and projects, including the Trans*Form Cymru project which supports trans and non-binary young people.
- [The Sprout](#) - Cardiff's online magazine and info site for 11-25's. The 'Info' page has sections on LGBT+, sexual health as well as range of other topics. Includes local as well as national information.
- [Mindhub](#) – This bilingual hub has been created by young people for young people. It provides information and links to services in relation to emotional health and well-being.
- [MEIC](#) - Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy. Tel: 080 8802 3456, Text: 84001.
- [Kooth](#) – online support and counselling for young people, along with the Kooth magazine and discussion boards.
- [Childline](#) - Online and phone counselling, plus information pages (including healthy relationships). Tel: 0800 1111.
- [Child Friendly Cardiff](#) - Cardiff aspires to be a 'child friendly city' where all children and young people have an equal chance to thrive and reach their potential.
- [Live Fear Free](#) - Providing help and advice about unhealthy relationships; violence against women, domestic abuse and sexual violence. Tel: 0800 80 10 800, Text: 078600 77333, Email: info@livefearfreehelpline.wales
- [Runaway Helpline](#) - Runaway Helpline is for young people who are thinking about running away, have already run away, or if they have been away and come back. You can also contact them if you are worried that someone else is going to run away or if they are being treated badly or abused. Chat on the website, free phone or text: 116 000, Email: 116000@runawayhelpline.org.uk.

3) Podcasts and Apps

As recommended above, you may wish to look at the content in the Podcasts, posts and Apps before showing them to your child, as the content of social media platforms is continuously being updated.

Podcasts:

- [Six Minute Sex Ed](#) - 'Six Minute Sex Ed' podcasts encourage families to have healthy discussions about sex, relationships and growing up. Covers a wide range of topics including hormones, consent, sexting, sexuality and pornography. American-based website, also on Instagram.
- [Sex positive families](#) - Aimed at helping families raise sexually healthy children including resources, podcasts, parental advice and signposting. American-based website, also on Instagram.

Apps:

- ['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.
- [ZIPIT](#) - An app from Childline that helps young people get flirty messaging back on track by sending a funny Gif (e.g. to change the conversation from a potential sexting issue)
- [FOR ME](#) - An app from Childline to access advice and support on a range of topics, can also access a Childline counsellor by phone or email.

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4) Sexual health and other support services for young people

a. **Chat Health** – Cardiff and Vale University Health Board (UHB) are running a confidential text service called Chat Health for young people aged 11-19. Young people can text about a range of topics such as bullying, smoking/alcohol/drugs, healthy eating, emotional wellbeing, relationships or body changes. This is manned by school nurses in office hours, term-time only. Text: 07520 615 718

b. **Cardiff YMCA Healthy Relationships Service (SHOT Sexual Health Outreach Team):**

Support – The SHOT team offer support for young people in Cardiff & Vale with a tailored, specialist and confidential Sexual Health Service. They work with anyone living within Cardiff aged 11-25 years (and 11-18 in the Vale) around a multitude of topics, such as puberty, online safety, identifying positive relationships, consent, risky behaviours and more. Currently the one to one work is offered via telephone or video call, or as socially distanced visits or walks local to young people's homes if appropriate. Anyone can refer to the service; professionals, young people and parents or carers.

To make a referral please contact the SHOT: Healthy Relationships Service by emailing SHOT@ymcacardiff.wales or calling on 07968279497 for more information. The SHOT team are also able to support parents and carers around any of the above topics, and can offer advice/ guidance as needed.

Webinars – The SHOT team will also be offering webinars for parents/carers around online safety including what apps young people are using and how to help keep them safe, what is sexting?, understanding consent, and the impacts of pornography. As the world and especially young people are spending much more time online these webinars will be a chance to find out more about what young people may be accessing, the risks and how to support them to stay safer on the web. The webinars will take place once a week, commencing on Wednesday 15th July 2020. You can find more details and book a place on the Cardiff YMCA website: <https://www.ymcacardiff.wales/about/what-we-do/health-wellbeing/healthy-relationship-service/> or by calling 07968279497 for more information.

c. **Community Pharmacy Oral Contraceptive Service** – launched by Cardiff and Vale University Health Board (UHB). Women can now access oral contraception at the following 3 pharmacies either independently or by referral from a Health Care Professional.

- Woodville Pharmacy, Woodville Road, Cathays- 029 2022 7835
- Well Pharmacy, Boverton Road, Llantwit Major- 0144 792267
- Boots Pharmacy, Queen Street, Cardiff – 029 2023 2658

Due to Covid-19 restrictions, women will need to telephone the pharmacy in advance to make an appointment for an Independent Prescriber consultation and may be asked to provide additional details such as a blood pressure check, before the prescription is issued.

d. **Sexually Transmitted Infection (STI) testing by post** is now available - <https://www.friskywales.org/chlamydia-and-gonorrhoea-home-testing-pilot.html>