

Making the 'Big Talk' many small talks

Encouraging informed
conversations between parents
and children about relationships,
sexuality and growing up.



**What is this
booklet about
and why is it
important?**

For many parents and carers, it can be difficult to find the right words to talk with children about relationships, sexuality and growing up. To help you to have these conversations from your child's early years through to adulthood, this booklet lists some recommended books available through the 'Healthy Ireland (HI) at Your Library' programme and a range of other supports.

Taking the opportunity to have many small conversations as your child grows, minimises the potential awkwardness of having a single 'Big Talk' and can nurture a family habit of talking about important issues. This will help your child to develop a healthy attitude to their body, sexuality and relationships - and see you as a trusted source of information and advice in a world of confusing and conflicting messages.

What the research says...

Knowingly and unknowingly, parents constantly pass on knowledge, attitudes and values to their children about the body, relationships and sexuality.¹

Most parents want to help their children to develop positive and healthy attitudes to their bodies, relationships and sexuality.¹

Sexuality education has a positive impact on young people's sexual health knowledge and their related behaviours.²

So having accurate and supportive conversations with your child, in an age-appropriate way, can help them make wiser choices and develop healthy behaviours in relation to sexuality and sex. With this in mind, the resources and subject matter listed in this booklet reflect children's different life stages.

¹Conlon, C. (2018) Supporting Parents Communicating with Children Aged 4–9 Years about Relationships, Sexuality and Growing Up

²UNESCO (2018) International Technical Guidance on Sexuality Education; WHO(2010) Standards for Sexuality Education in Europe

The information listed in this booklet suggests some topics you might talk about at different ages. However, you know your child and are best placed to understand and meet their individual relationship and sexuality education needs.

Some Healthy Ireland recommended books to get you started



Talking to your young child about relationships, sexuality and growing up

Health Service Executive (HSE)



Conversations that matter: talking to children and teenagers in ways that help

Margot Sunderland



Help your kids with growing up

Robert Winston

Note: The word 'sexuality' is used in this booklet to refer to all aspects of a person's sexual development. It is not restricted to sexual orientation and sexual activity

Children aged 0-5

Let's talk about...

- How it's okay to ask questions about anything and expect a reasonable response
- Understanding and naming feelings and emotions
- Gender - that feeling of being a boy, girl or other
- Appropriate and inappropriate touching of others and by others
- The correct names of body parts, including genitals
- How touching their own private parts is okay but shouldn't be done in public



Healthy Ireland Reading List

Tom's Power Flower:

Talking to your young child about relationships, sexuality and growing up

Health Service Executive (HSE)

And Tango Makes Three

Justin Richardson, Peter Parnell and Henry Cole

The Great Big Book of Families

Mary Hoffman and Ros Asquith

Children aged 5-8

Let's talk about...

- Bodies and emotions in a positive and respectful way
- Being assertive about body ownership
- Gender and its healthy expression
- Where babies come from
- Different family structures (e.g. single-parent, two-parent, same-sex parents)



Healthy Ireland Reading List

Where Willy Went

Nicholas Allen

Let's Talk about: Where babies Come From

Robie H Harris and Michael Emberley

Let's Talk about: The Birds and the Bees

Robie H Harris and Michael Emberley

Let's Talk about: Girls, Boys, Babies, Bodies, Families and friends

Robie H Harris and Michael Emberley

Children aged 8-12



Let's talk about...

- Changes in puberty and how to prepare for them
- Hygiene and how to look after the body
- Healthy and unhealthy friendships
- Using the internet and how to stay safe online and offline
- Gender and gender stereotypes in the media

Healthy Ireland Reading List

You are awesome Matthew Syed

What's happening to me? (Boy) Alex Frith

What's happening to me? (Girl) Alex Frith

The Care and Keeping of You Book 1

Valerie Lee Schaefer and Cara Natterson

Dr Christian's guide to growing up

Christian Jessen

Dr Christian's guide to dealing with tricky stuff

Christian Jessen

The girls guide to growing up great

Sophie Elkan

Busy Bodies

Health Service Executive (HSE)

Young People aged 13-19

Let's talk about...

- The media and peer influences on body image and sexuality
- What makes a healthy relationship and the importance of boundaries
- Sexual orientation, attraction and love
- Developing personal values about sexuality
- The law in relation to online and off-line sexual activity
- Appropriate internet use and how to stay safe
- The practice of safer sex including contraception, STIs and sexual consent
- How to get trustworthy information on sexuality, sexual health and related services



Healthy Ireland Reading List

The Care and Keeping of You Book 2
Cara Natterson

Growing Up for Boys
Alex Frith and Felicity Brooks

Consent - The new rules of sex ed
Jennifer Lang

Let's talk about: changing bodies...
Robie H Harris and Michael Emberley

Trans Mission Alex Bertie

This book is gay Juno Dawson

Spare me "The Talk"! Jo Langford

Tips for talking about relationships, sexuality and growing up

Be prepared: Use books and videos at each stage of their development to decide what messages about relationships and sexuality you would like to communicate.

Layer, don't load: It's not a one-off performance, so don't try to fit everything in at once. You can revisit topics as your child's interest and understanding develops with age.

Make it relevant: See a pregnancy or new baby in the family, or a sexuality issue on screen or in the media, as an opportunity to talk.

Teach body ownership: It's important your child understands that their body is their own and they don't have to let anyone touch them in a way that's unsafe and/or unwanted. This is the beginning of teaching them about consent. As they get older you can talk about consent in relation to posting text or images online, and later on, about sexual activity.

Be a 'tellable' parent: Really listen to what your child is saying to you about their lives; about their joys, concerns and worries. They will do this through their words and actions.

Start early and keep it simple: Start talking to your child about relationships, sexuality and growing up from a young age. This helps to normalise these conversations and build healthy habits.

Teach facts, then go further: Talk to your child about your opinions and beliefs on all aspects of sexuality, including what makes for healthy relationships.

Be an 'askable' parent: Through your words and tone, welcome your child's curiosity. Ask gentle questions to see what they already know. If you don't have the answer to a question, it's OK to say that you don't know but will find out.

Additional Relationship and Sexuality Resources

- **sexualwellbeing.ie** is the HSE's sexual health website and has a section to help parents talk with their children about relationships, sexuality and growing up
- **healthpromotion.ie** is the HSE's site for viewing, downloading and ordering free resources on a wide range of topics including sexual health
- **mychild.ie** is the HSE site that provides information on all aspects of pregnancy, baby and toddler health including healthy sexuality development
- **staysafe.ie** is the website for the Stay Safe Programme which is taught in most primary schools. The site has a section for parents
- **webwise.ie** is part-funded by the Department of Education and Skills and offers advice and information for parents and schools to help them promote online safety to their children and students.

Parenting Courses and Support

- National Parents' Council Primary (**NPC**) www.npc.ie
- National Parents' Council Post Primary (**NPCPP**) www.npcpp.ie
- Irish Family Planning Association (**IFPA**) www.ifpa.ie
- BeLonG To Youth Service www.belongto.ie
- Transgender Equality Network Ireland (**TENI**) www.teni.ie



Contact your local library

All the books listed in this brochure are available and free to borrow through the public library network. For information on library locations and all the services available, see www.librariesireland.ie

