



Dear Keble Prep Parents,

Below are a few top tips for talking to your children about sexual wellbeing and practicing discretion online. We hope these pointers and resources enable you to engage in open, ongoing conversation with your children.

Top tips:

- Be open to sharing your own stories about puberty, it'll make it less scary for them
- Teach them to establish healthy boundaries: "It is your RIGHT to say no", AND they must learn to respect other people's right to say no.
- Investigate what they know about sex & clarify (information should be age-appropriate)
- Nurture their sense of self-worth, especially around body positivity
- Talk about what bodies can do vs. what bodies look like
- Remind your child to THINK (True, Helpful, Inspiring, Necessary, Kind) before they post or share photos & content online
- Keep the conversation open: A little, a lot!

Books on puberty:

The Care and Keeping of your Body Volume 1 by American Girl (8+)

Guy Stuff: The Body Book for Boys by Dr. Cara Natterson (8+)

Sexual Health:

Mommy Laid an Egg by Babette Cole (Young children 7+)

Let's Talk by Robbie Harris (9+)

Let's Talk about Sex by Robbie Harris and Michael Emberley (12+)

Sex, Likes and Social Media: Talking to our teens in the Digital Age by Allison Havey and Deana Puccio

Feelings:

My Many Colored Days by Dr. Seuss- (clever use of colours to discuss feelings - all ages)

We're Different, We're The Same by Sesame Street Publications (0-5 yrs)- Gentle introduction to different bodies for small children

Websites:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

<https://www.net-aware.org.uk>

<https://www.saferinternet.org.uk/>

“Keep It Real” Clip about Pornography: <https://www.youtube.com/watch?v=g0YXggsNT5s>
(The Keep it Real website is fantastic for tips)

To learn more about our work at The RAP Project please visit our website at <http://therapproject.co.uk/> or email us at info@therapproject.co.uk.

Many thanks,
The RAP team