



Support for Parents to Have Difficult Conversations with Their Child

*This list of resources may seem daunting, but most topics have the same principles for how to start difficult conversations. *

Further Info about Relationships and Sex Education

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

<https://www.fpa.org.uk/relationships-and-sex-education/parents-and-carers>

<https://www.sexeducationforum.org.uk/resources/frequently-asked-questions/7-can-parents-withdraw-their-children-school-rse>

Talking to your Child about Growing Up/ Puberty

<https://childrenshealthsurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty>

Puberty Leaflets

<https://www.nhs.uk/livewell/puberty/documents/4youmarch2010nonprinting.pdf>

Info about Talking to Your Child About Sex and Relationships

<https://www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it>

Talking to your child about consent/healthy relationships

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

Talking to your child about mental health

<https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-about-mental-health/>

Info about Talking to your child about drugs & alcohol

<https://www.nhs.uk/live-well/healthy-body/talking-about-drugs-with-your-child/>

<https://www.talktofrank.com/get-help/worried-about-a-child>

Further Resources to Use/ Print or Buy

<https://www.fpa.org.uk/shop-products-and-training>