

# 10 Top Tips

**Advice for parents and carers from children and young people on how to talk to them about sex and relationships**

1. Don't wait for your children to ask you about sex and relationships. You have to take responsibility to start talking. Use TV, the soaps, magazines, newspaper headlines, family situations etc to start the conversation
2. Always tell your children the truth, in words and at a level that they can understand. Don't fob them off or say "I'll tell you when you're older"
3. Check out that your children have understood what you've talked about – ask them questions and let them ask you questions
4. Never, ever tell them off or laugh at them, don't get angry and don't think they're doing things just because they ask you questions. And don't discuss what you've talked about with other people without your child's permission.
5. Ask your children what their views are about things and let them have their own opinions – listen to them, don't lecture them
6. It's great to give them books and leaflets but always follow this up with talking together
7. Try not to get embarrassed, but if you do, wait until you're at home together to talk
8. If you don't know something – be honest and say you don't know
9. Stay calm and be understanding, supportive and relaxed
10. Children want their parents to talk with them – don't leave it up to school

For more information and advice you can contact the Doncaster School Nursing Service on 01302 384138