

Website Information for Parents further contacts

Throughout the PSHCE programme, various topics are discussed. Your child may wish to continue such conversations with parents and guardians, and so to encourage healthy, informed and age appropriate communications, we hope the following websites may be of some help.

Family planning association link to support parental conversations.

The family planning association offer a wealth of information and tips to support parents in talking to their child about growing up, relationships and sex.

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

Online Safety and Sexting

Online safety has been a growing concern on recent years and there are some useful sources of information to explain how children can be kept safe. A couple of useful sites are

UK Safer Internet Centre <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Thinkuknow <https://www.thinkuknow.co.uk/parents/>

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Parent Info This site also provides a site dedicated to supporting parents with information and knowledge to help support their children navigate the digital world. <https://parentinfo.org/>

Pornography

NSPCC research in 2016 showed around 28% of children aged 11/12 had seen pornographic material with both actively seeking this and accidental exposure being the case. Maintaining an open conversation with children about this issue will make it easier, if they are exposed to this material, to be able to talk with you about what they have seen and how they felt about it.

Thinkuknow (section around pornography)

<https://www.thinkuknow.co.uk/parents/articles/Worried-about-your-child-and-online-porn/>

Consent

Consent is a key aspect of relationships, and especially in sexual relationships, which in many ways should be very straightforward. The old adage of "No means No" is useful but what if a No isn't obvious? Consent is only given where there is a **clear and obvious** "Yes" either verbally or through body language. The following website offers a useful video and information explaining consent more fully, including how alcohol for example can affect consent;

Consent is everything <http://www.consentiseverything.com/>

Sexuality

Being able to express sexuality without fear of discrimination and / or harm is an important part of positive sexual health, Childline and Support Line offers support and guidance to young people and families

Childline <https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation/>

Support Line <https://www.supportline.org.uk/problems/sexuality/>

Substance Misuse

Alcohol or other substances can increase the risk of unsafe sex and / or regret where people perhaps go further than intended.

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/>

Sexually Transmitted Infections (STI's)

The highest rates of STIs occur in young people aged 15 to 25.

NHS Information aimed at individuals aged 13-16years, that maybe useful for parents to be aware of:

<https://www.nhs.uk/live-well/sexual-health/confidentiality-at-sexual-health-services/>

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

Confidentiality and under 16's

The Royal College of General Practitioners (RCGP) have produced a couple of useful guides for parents and children explaining how confidentiality applies to young people accessing healthcare services.

RCGP <https://www.rcgp.org.uk/clinical-and-research/resources/a-to-z-clinical-resources/youth-mental-health/information-for-young-people-and-their-families.aspx>

Child and Adolescent Mental health

<https://youngminds.org.uk>

Yorsexual Health

Information about sexual health and contraception services in York and North Yorkshire

<https://www.yorsexualhealth.org.uk/#>