

Supportive RSE resources

The PSHE Association and Scarf Corum, our PSHE curriculum provider, recommend the following resources.

Suggested books to support parents/carers in talking with their children about sex and relationships, and related topics.

Age 3-7 Relationships/Reproduction/Families

- Questions Children Ask M Stoppard
- Hair in Funny Places B Cole
- Mummy Laid an Egg B Cole
- Amazing You Dr G Saltz
- Where Willy Went N Allan
- Let's Talk About Where Babies Come From R H Harris
- What Makes a Baby C Silverberg
- If I had a 100 Mummies V Carter
- King and King Linda de Haan and Stern Nijlan
- Mummy Never Told Me B Cole
- How to be a Friend L Brown and M Brown
- Your Mummy Ate My Football Lynwen Jones
- And Tango Makes Three J Richardson and P Parnell
- The Growing Story R Krauss
- So Much T Cooke
- Where Did That Baby Come From D Gliori
- There is a House Inside my Mummy G Andrae and V Cabban
- Topsy and Tim and the New Baby J and G Adamson
- If Big Can...I Can B Shoshan
- Monkey Puzzle J Donaldson
- The Nanny Goat's Kid J Willis

Identity

- Introducing Teddy J Walton
- The Paper Bag Princess R Munsch
- Alien Nation M Donaldson
- Red - A Crayon's Story M Hall
- Goodnight Stories for Rebel Girls W Favilli
- Ada Twist Scientist A Beaty
- Long Live Princess Smartypants B Cole
- Rosie Revere Engineer A Beaty
- Made by Raffi C Pomranz
- The Princess Knight C Funke
- Giraffes Can't Dance G Andrae
- Odd Dog Out R Biddulph Getting Help
- Kit Kitten and the Topsy-turvy Feelings J Evans
- Some Secrets Should Never be Kept J Sanders
- A Kiss Like This L Anholt
- How do Dinosaurs Get Well Soon? J Yolen

- My body! What I say goes! Jayneen Sanders
- Dr Dog B Cole
- No means no! J Sanders
- For every child UNICEF (the Rights of the Child in words and pictures)
- The huge bag of worries V Ironside

Age 7+ Reproduction/puberty

- Let's Talk About Sex R H Harris
- Living with a willy N Fisher
- The period book K Gravelle
- What's happening to me? P Mayle
- Girls Only V Parker
- The puberty book W Darvill
- Sex is a funny word C Silverberg
- How your body works Judy Hindley
- A-Z of Growing up, puberty and sex L De Meza
- Sex is a funny word C Silverberg and F Smyth Useful books for parents
- Questions Children Ask and How to Answer Them Dr M Stoppard
- Speakeasy: Talking with your Children about Growing Up fpa (Family Planning Association)

Suggested reading list for 8-11 year-olds, covering reproduction/puberty/relationships/gender

- *Girls Only* by V Parker
- *How your Body Works* by Judy Hindley
- *Let's Talk About Sex* by R H Harris
- *Living with a Willy* by N Fisher (suitable for mature Y6s)
- *Sex is a Funny Word* by C Silverberg and F Smyth
- *The Period Book* by K Gravelle
- *What's Happening to Me?* by P Mayle
- *The Boys' Guide to Growing Up: Choices and Changes During Puberty* by Terri Couwenhoven
- *The Girls' Guide to Growing Up: Choices and Changes in the Tween years* by Terri Couwenhoven
- *Alien Nation* by The Proud Trust
- *'Grown' The Black Girls Guide to Glowing Up* by Melissa Cummings-Quarry & Natalie A Carter
- *The Autism-Friendly Guide to Periods* by Robyn Steward
- *What's Happening to Tom? A book about puberty for boys and young men with autism and related conditions (Sexuality and Safety with Tom and Ellie)* by Kate E. Reynolds and Jonathon Powell
- *What's Happening to Ellie? A book about puberty for girls and young women with autism and related conditions (Sexuality and Safety with Tom and Ellie)* by Kate E. Reynolds and Jonathon Powell
- *The Growing Up Guide for Girls – What Girls on the Autism Spectrum Need to Know!* by Davida Hartman
- *How to love: A guide to feelings and relationships for everyone* by Alex Morris (suitable for mature Y6s)
- *Puberty in numbers: everything you need to know about growing up* by Liz Flavell
- *The Puberty Book* by Kelsey Powell and Wendy Darvill
- *Hair in funny places* by Babette Cole
- *Respect: Consent, Boundaries and Being in Charge of YOU* by Rachel Brian
- *Welcome to your period* by Yumi Stynes and Dr Melissa Kang
- *How to grow up and feel amazing* by Dr Ranj Singh

- *The book about periods for all young people* by Olivia Brinkley-Green
- *A boys guide to growing up* by Anita Ganeri
- *On your marks, get set, grow!* by Lynda Madaras
- *The girl's body book* by Kelli Dunham
- *Help your kids with growing up* by Robert Winston (suitable for mature Y6s)

Useful books for parents

- *Questions Children Ask and How to Answer Them* by Dr M Stoppard
- *Speakeasy: Talking with your Children about Growing Up* by fpa (Family Planning Association)
- *Can I have babies too? Sexuality and Relationships Education for Children from Infancy up to Age 11* by Sanderijn van der Doef, Clare Bennett, and Arris Lueks
- *sex ed: how to talk to your kids about sex* by Dr Laura Berman
- *Sex Ed for Grown-Ups* by Jonny Hunt
- *Brilliant questions about growing up* by Amy Forbes-Robertson and Alex Fryer

Suggested RSE Activities in the home:

- Draw around bodies and label parts, using correct words (and family names) and their purpose
- What's in the bag? Puberty. Put together your own 'puberty bag' from household items. Discuss each one and why it's used, e.g. deodorant, razors, tampons/pads, shower gel, washing powder, tissues, hair gel.
- What's in the bag? Growing up. Same as above for contents of handbag; items support discussions about growing up
- Anonymous questions box. Have an old shoe box, or similar, where children could post questions that they might not be able to ask you verbally. Praise and thank them for their questions. Try to answer them using webpages to help provide age-appropriate, fact-based answers.

Useful websites/film clips for children (we recommend you watch them first so you are prepared for any questions)

- Amaze.org- Puberty section (Age 9+)
- BBC Operation Ouch! How are babies made? (age 9-12)
- BBC Operation Ouch! Puberty (age 8-14)
- Kids' Health - Menstruation
- 'What Boys Want to Know About Puberty' video on YouTube by Nemours Kidshealth - includes wet dreams
- Outspoken Sex Ed - information, advice and resources
- NHS Puberty