

Resources for parents

Books for lower/middle primary

- *The Baby Tree*, Sophie Blackall
- *Hair in Funny Places*, Babette Cole
- *Mummy Laid an Egg*, Babette Cole
- *So That's Where I Came From*, Gina Dawson
- *Who Has What?* Robie Harris
- *The Amazing True Story of How Babies are Made*, Fiona Katauskas
- *It's Okay to be Different*, Todd Parr
- *The Family Book*, Todd Parr
- *The Feelings Book*, Todd Parr
- *Amazing You*, Gail Saltz
- *What Makes a Baby*, Cory Silverberg

Books for upper primary

- *Secret Boys' Business*, Fay Angelo
- *Secret Girls' Business*, Fay Angelo
- *More Secret Girls' Business*, Fay Angelo
- *Girls Stuff: for Girls aged 8-12*, Kaz Cooke
- *The Puberty Book*, Wendy Davrill and Kelsey Powell
- *A Guy's Guide to Puberty*, Michelle Mitchell
- *Sex is a Funny Word*, Cory Silverberg
- *Welcome to your period*, Yumi Styne and Dr Melissa Kang

Websites for primary students

- www.cyh.com (kids health/nearly teens)
- www.kidshealth.org
- www.kidshelpline.com.au
- www.ubykotex.com.au/puberty

Please check resources are suitable for your family and your child.

Books about body safety and consent

- *Respect, Consent, Boundaries & Being in Charge of You*, Rachel Brian
- *Everyone's Got a Bottom*, Tess Rowley
- *Hayden Reece Learns What to do if Children See Private Pictures or Private Movies*, Holly-ann Martin

- *Hayden-Reece Learns a Valuable Lesson that Private Means 'Just for You'*, Holly-ann Martin
- *Someone Should Have Told Me*, Holly-ann Martin
- *Let's Talk About Body Boundaries, Consent and Respect*, Jayneen Sanders
- *No Means No*, Jayneen Sanders
- *My Body. What I Say Goes*, Jayneen Sanders
- *Some Secrets Should Never be Kept*, Jayneen Sanders
- *Talking About Feelings*, Jayneen Sanders
- *Welcome to Consent*, Yumi Styne & Dr Melissa Kang

Parent resources books and websites

- *Body Safety Education: A Parents Guide to Protecting Children Against Sexual Abuse*, Jayneen Sanders
- *The New Puberty*, Amanda Dunn
- *Kids, Sex & Screens*, Jillian Roberts
- *No Shame: Real Talk with Your Kids About Sex, Self Confidence and Healthy Relationships*, Dr Lea Lis
- *Talk Soon. Talk Often: A Guide for Parents for Talking to Their Kids About Sex*, Western Australia Department of Health (PDF document, online)
- www.commonsemmedia.org (tech, apps and games)
- www.esafety.gov.au (technology and internet safety)
- www.raisingchildren.net.au (sexual development)
- www.birdsandbeesandkids.com (website and podcast)
- www.parentline.com.au (support for parents)
- www.sexedrescue.com (sex education: tips for parents)
- www.culturereframed.org (how to talk about pornography)
- www.themodernparent.net (technology and filters)
- Facebook: @SEAparents, @deputygomez; @amightygirl

Tips for talking

Many parents grew up in homes where issues related to puberty and reproduction were rarely discussed and so we often don't have a memory of how best to deal with the topic. Sometimes we are so concerned with 'getting it right', that we avoid or miss the opportunities to talk. Sometimes we wait for our children to ask a question - sometimes they will and sometimes they won't. Talking with your children and letting them see you are open to their questions and concerns means they know they can come to you for advice and support.

When a child asks a question, it means they are ready to know but it doesn't mean they are necessarily ready to know everything about that topic. Listen carefully to their question. You can explore the question together or say to your child you don't know the answer but will get back to them when you have the information you need. It's best not to use this as a tactic to avoid answering - try to always respond as best you can. It can be helpful to ask yourself the question: 'Do I want to give my child information about this or would I rather they ask their friends or search the internet for it?'

If you are the person to be giving your child this information, then you are reducing their vulnerability to the influence of others (whether internet or people).

- be 'ask-able'
- think about the 'question behind the question'. If you're not sure what they want to know, ask more questions and clarify what they are asking
- answer the question as honestly and simply as possible and try to avoid 'over answering.' It's a normal reaction, when a little anxious, to compensate by talking too much and giving too much information about these topics. Remember children will only process what they can understand at that time
- find 'teachable' moments i.e. watching TV together, looking at advertisements etc
- it's okay to feel uncomfortable
- if you don't know how to respond, it's okay to say so. You don't need to know all the answers
- some information is private and personal - you can set boundaries
- age-appropriate books are great
- facts are not enough; share feelings, values and beliefs
- if possible, try to talk about bodies and changes in a non-negative way. We want to reassure them these things are normal
- remember that you are letting your child know that you care about their happiness and well-being
- keep your sense of humour