

# Want to find out more?

## HELPLINES & WEBSITES

- Manchester Children's Information Service  
0800 083 7921  
www.manchester.gov.uk
  - Parentlineplus  
0808 800 2222  
www.parentlineplus.org.uk
  - BBC & Family Planning Association  
www.bbc.co.uk/barefacts
- FOR YOUNG PEOPLE**  
www.teenagehealthfreak.org  
www.mindbodysoul.gov.uk

## BOOKS

- **Let's Talk About Sex**  
by Robie H. Harris.  
(Walker Books 2004).

Manchester **NHS**  
Primary Care Trust

Manchester Public Health Development Service



MANCHESTER  
CITY COUNCIL

\*This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP

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ਵਿਖਾ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫੋਮੇਸ਼ਨ  
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 'ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء  
الاتصال بالهاتف بدائرة معلومات الأطفال على  
الرقم 08000837921

Si aad ku hesho nusqada warqad yarahan iyadoo  
af Soomaali ah faclan telefoon u dir Adeega  
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ لیفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروس کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان  
(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務  
বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে  
0800 083 7921 এই নম্বরে।

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TIP SHEET  
FOR PARENTS OF 11+ YEAR OLDS

# Talking to your teenager about SEX

It's natural for parents to worry about their children growing up - and it's natural for teenagers to be interested in love and sex.

Young people want to be able to talk to their parents about relationships, feelings and physical changes they go through.

Your child needs you to answer their questions and listen to their worries.

Whatever your views or concerns, try to keep talking and listening.



An open and trusting relationship with you is the best protection your child can have.

## WHY DOES IT MATTER?

Young people find out about sex from school, friends, magazines & other sources.

But many young people say that they want information to come from parents.

Talking about feelings, sex and relationships is an important part of helping your child become an adult.

## IT'S SAFE TO TALK!

Some people worry that talking about sex will make young people want to try it out.

But – good sex education in schools and a good relationship with parents make young people more likely to wait until they're older.

Why do girls and spots happen at the same time?



**LET YOUR CHILD KNOW**  
All young people develop at different ages - and it's **ALL normal!**

## REMEMBER THE POSITIVES!

Your child should be able to enjoy teenage relationships and growing up.

Talk to them about things which make for happy experiences – like love, having fun, caring about yourself, respecting other people.

✓ **DO...** try to make your child feel confident, attractive and loved

✗ **DON'T...** make them feel frightened, stupid or ashamed

## QUESTIONS ABOUT SEXUALITY?

It's normal for young people to wonder about being lesbian or gay. Try to stay open and accepting and keep talking. Look for information & support if you find this difficult.

## HANDY HINTS



It's alright to admit that you're embarrassed.

- Answer questions as honestly as possible – if you don't know the answer, say so.
- Talk about things you see on the TV, in the papers or in magazines – so you can talk without it being personal.
- You can look up information together – in leaflets or on the web.
- Talk about feelings not just facts.
- Talk about it little and often – not in one big lecture.
- Take their worries and views seriously – listen to them & don't laugh at them.

## WHAT ARE THE DANGERS?

- Having sex without protection against pregnancy or infection
- Having sex when they don't want to.

Young people are more at risk when they use alcohol or drugs.

## AT RISK?

Young people with low confidence and self esteem may:

- take more risks with sex
- get hurt or exploited, or hurt others.

The teenage years are extra hard for some young people and their families.

If your child is vulnerable, give them as much love & support as you can – and look for help if you or they need it.

## WHAT DO THEY LEARN IN SCHOOL?

### Biology

In secondary school all pupils have science lessons in which they learn the biological facts about:

- differences between men and women & changes in the teenage years
- how children are conceived and born

### Sex & Relationship Education (SRE)

They also have sex & relationship education, which includes:

- respecting themselves and other people
- positive self-esteem & good decision-making
- understanding risks and consequences
- pregnancy, contraception & sexually transmitted infections.

*For more information, talk to the PSHE co-ordinator at school.*



Parents have the legal right to take their children out of SRE lessons – but they cannot take them out of science lessons.