

Sex Education Growing Up Relationships And Sex Dorling Kindersley Health Care

Teaching children about sex and relationships is an essential but challenging part of a primary school teacher's role. The second edition of this market leading practical guide supports primary school staff in teaching SRE and developing SRE policy and practice

Let's get it right is a pack of 13 practical class-room activities for use at KS1 and KS2 for consulting children about what they learn in SRE, how it is taught and how it could be improved. The toolkit comes complete with: learning outcomes and teaching notes for the 13 activities photocopyable resources 'benchmark' questions that a school can use to measure progress each year a checklist for reviewing SRE provision in a primary school a curriculum design tool explanation of 'why' and 'how' to involve young children in reviewing SRE The toolkit builds on the success of 'Are you getting it right?' for consulting secondary-aged pupils'. Exactly what is taught in SRE and from what age is too often debated and decided by adults without consulting the children it affects. However, even very young children can contribute their views about SRE provided suitable methods are used. This resource shows how this can be done in practice. Asking children their views on SRE gives them an opportunity to be active citizens and to fulfil their right to express opinions. This guide shows how listening to pupils can become part of school culture and thus reap benefits to pupil well-being, including raising self-esteem and developing social skills.

Based on observation of sex education programmes and in-depth interviews with young people, the authors aim to understand more about adolescent's attitudes to sexuality and their sexual behaviour in order to develop policies which will meet their needs more appropriately and effectively. Issues covered in this interesting and accessible book include the ways adolescent informal culture affects sex education programmes and practice; the impact of gender inequality on sex education and safer sex behaviours; legislation and policy frameworks which effect sex education policies; the way young people see legislation and evaluate sex education programmes; and the impact health professionals can have in school sex education. The authors contend that the insights into the values and views that young people bring to bear on the sex education they receive should have an important role to play in the development of policy and practice of those involved in sex education work.

Do you feel as if the ground beneath your feet is constantly shifting? It's not surprising if you do! Teachers today are faced with a range of complex, current issues that impact on teaching and learning as well as the need to understand and address a raft of new initiatives, directives and policy changes. All too often, policy is introduced and new agendas arise with little or no accompanying guidance. This accessible book takes a highly practical focus, provides the required information in one place, unpicks key elements of legislation and policy, and suggests practical approaches and resources that could be used in the classroom to successfully address the issues. It will increase your confidence and help you get to grips with areas such as safeguarding, e-safety, radicalisation, sex and relationships education, gender and identity, prejudice-based bullying, the issues of disadvantaged children, and mental health and well-being.

This book provides an overview essential for a proper understanding of effective approaches to PSHE education in secondary education and the valuable role it can play in promoting the health and wellbeing of adolescents. Coverage includes: The importance and scope of PSHE education The theory and research evidence for effective practice in the secondary school School structures which support effective teaching and learning in PSHE education Assessment for, and of, learning in PSHE education The role of visiting experts in PSHE education Overlaps with pastoral and therapeutic support

When it comes to talking to children and young people about sex and relationships, it is difficult to know what to say. How do you answer their questions? How much is too much? And what is age appropriate? Sex Ed for Grown-Ups is an open and honest guide that empowers adults to talk to young people about all things sex and relationships. Written by an independent relationships and sex education consultant, this light-hearted and accessible book encourages grown-ups to think and talk about the topics that scare them the most: from body parts, gender, puberty and first-time sex, to pornography, sexting and knowing what to do when things go wrong. Full of hints, tips and first-hand stories, it is a fun, compassionate and engaging exploration of relationships and sex, which will help adults to fully support young people as they develop a healthy view of both sex and themselves. Sex Ed for Grown-Ups is essential reading for parents, teachers, youth workers, social workers and any adult who wants to have well-informed and positive conversations with the children and young people in their lives.

"A graphic novel about sex, sexuality, gender, body, consent, and many other topics for teens"--

'Where do babies come from?' The prospect of this age-old question is one that causes significant apprehension for many professionals working with children. Clear strategies to support children's questions about growing up, relationships and sex are essential so that they are enabled to stay safe and healthy, develop positive and confident views about themselves and those around them, and deal with peer and media pressures. This book provides a solid, research-informed background to these issues and considers the historical context of relationships and sex education. It explores how to help children deal with a wide range of relationship issues and suggests ways of helping children to begin to explore the social, emotional and physical changes that occur as they grow and mature. Case studies, research summaries, ideas for developing practice and signposts to key websites and resources make this a really engaging and user-friendly text. Essential reading for those new to teaching relationships and sex education in the primary sector.

Growing up with risk provides a critical analysis of ways in which risk assessment and management - now a pervasive element of contemporary policy and professional practice - are defined and applied in policy, theory and practice in relation to children and young people. Drawing on conceptual frameworks from across the social sciences, the book examines contrasting perspectives on risk that occur in different policy domains and professional and lay discourses, discussing the dilemmas of response that arise from these sometimes contested viewpoints - from playground safety to risks associated with youthful substance use. The contributors address issues of gender, ethnicity and socio-economic status which impact on definitions and responses to risk, and consider related concepts, such as 'risk-resilience', 'care-control' and 'dependence-autonomy'. Written in an accessible manner, each chapter provides a specific policy case study to illustrate the cross-cutting themes and issues that will make it a key text for researchers and students. It also offers policy makers and practitioners a valuable insight into the complexities of balancing responsibility for protecting the young with the benefits of risk taking and the need to allow young people to experiment.

Children and adolescents with Autism Spectrum Disorders (ASD) require specialized teaching strategies when learning about puberty, sexuality and relationships. This professional resource offers practical teaching advice geared towards the needs of young people on the autism spectrum. Beginning with information on good practice, policy, teaching methods and recent research, the book then divides into key sex education topics that assist professionals in developing their own individualized and developmentally appropriate curricula. Covering issues of gender, public and private, puberty, hygiene, emotions, sex and more, each topic provides an overview of the difficulties that children with autism might experience, discussion and activity ideas and photocopyable resources including instructional stories, checklists and illustrations. The final section demonstrates how to respond to ongoing patterns of inappropriate behaviour and put

together a behaviour plan. Aiming to explain and support the child's developing sexuality while also addressing crucial issues of safety, this book is a much-needed teaching manual for all professionals working with children and young adults with autism including educators in mainstream and special education, psychologists, therapists and social workers.

An up-to-date discussion of community and public health care in relation to midwifery practice, using real life scenarios in a range of hot topic areas. Explores the role the midwife can play in providing and improving public health Reflects current policy on public health issues Clear focus on practice and implementation of public health initiatives The first book to integrate public health with midwifery

Uses a question-and-answer format to present sex information for preteens.

Sex education is offered in many schools, but don't count on classroom instruction alone, your teen might not hear -- or understand -- everything he or she needs to know to make tough choices about sex. That's where you come in. Awkward as it may be, sex education is a parent's responsibility. By reinforcing and supplementing what your teen learns in school, you can set the stage for a lifetime of healthy sexuality. This sex education for girls ages 10-13 offers down-to-earth, supportive sex education guidance as the author addresses the most pressing questions that girls have about sex, puberty, and relationships?directly and without judgment. Honest, straightforward, and understanding, The Guide to Sex Education includes: A "For Parents" foreword will teach you how to approach sex education with your child using this book A practical Q&A format makes the book easy-to-navigate for parents and girls Answers to real-life sex education questions from girls ages 10 to 13 such as: How can I feel better about myself? What is a period? Why are my boobs sore? What should I expect in a relationship? What is abstinence? What is "safe sex"? How do I tell someone I don't want to have sex? This book will arm girls with a complete understanding of their body and empower them to make informed, healthy decisions.

The Girls' Guide to Sex EducationOver 100 Honest Answers to Urgent Questions about Puberty, Relationships, and Growing UpRockridge Press

What You Should Know About Discussing The Birds And The Bees With Your Child! In the recent year, sex scenario conversations are considered as one of the most common topics between parents and their child. If you are planning to talk with your child about sex, there are a lot of factors that you should take into account. Before talking to your child about sex, it is very imperative that you have an apparent and superior understanding about the real world of sex scenario conversations. In line with this, it is also important that you are aware and familiar with the birds and the bees with your child. If you are one of those parents who want to talk with their child about sex, it is very important to consider several factors that will greatly help you to come up with the best possible results. When you hear the term "sex scenario conversations", what is the first thing that comes into your mind? Talking with your child about sex is not an easy task at all since it requires time, effort, and extensive research to make sure that you will do it correctly. In connection with this, you also need to bear in mind the importance of discussing the birds and the bees with your child. By doing this, you can be sure that your child will have a better understanding about this matter. At the early ages of your child, it is very imperative that you discuss this matter to them. All the valuable information that you need about having this discussion is within this book. Just read on and make sure to pay attention to the information because it will likely make things much easier for you. Below are the information that you are about to learn: - Chapter 1: Sex Talk Basics - Chapter 2: Choosing the Right Time to Speak to your Child - Chapter 3: Use Age Appropriate Books - Chapter 4: Include your own Morals and Values - Chapter 5: Encourage Questions and an Open Honest Discussion - Chapter 6: Explore what Materials are Being Taught in the Child's School - Chapter 7: How not Having the Sex Talk can Backfire

Personal, social, health and economic education (PSHE) and relationships, (sex) and health education (R(S)HE) are often undervalued in school and are frequently seen as an add-ons. But when taught well, PSHE and R(S)HE can enhance not only other subjects but strengthen school safeguarding, develop pupil well-being and improve pupils' progress and resilience in learning. Underpinned by a range of contemporary research and illustrated through examples of classroom practice, the expert team of teacher educators look at a range of curriculum areas and contemporary issues to explore how PSHE and R(S)HE education can enhance other curriculum areas. As well as showing how pupils' life skills can be developed, they also explore how teachers' understanding of how PSHE and R(S)HE can be implemented without additional planning or expensive resources. The book takes an inclusive understanding of both diverse families and relationships throughout. Topics covered include: -social media, online presence and critical literacy skills -mental health coping strategies -plastic reducing -topical, sensitive, controversial issues (TSCIs) Covering the whole primary spectrum from Early Years to Key Stage 2, case studies from each phase are included within each chapter to help practitioners to relate the material to their own classroom. Points to consider for your setting are included and guidance on further reading provides reliable direction for additional information.

Challenging behaviour, violent outbursts and meltdowns can put a strain on the entire family of a child on the autism spectrum. This book offers practical, long-term and effective strategies to help resolve common challenging behaviours using a low arousal approach – a non-aversive approach based on avoiding confrontation and reducing stress and anxiety. Managing Family Meltdown provides explanations for challenging behaviours, and offers a wealth of guidance on how families can manage different types of challenging behaviour, such as physical aggression and self-injury. The authors explore the difference between managing and changing behaviour; how our own behaviour can influence the situation; and show how by reducing stress and anxiety children are better able to process information becoming less likely to react in challenging ways. The pros and cons of medication and ways to look after your own health are also discussed. This hands-on, practical book is appropriate for children who are non-verbal, as well as those with higher functioning autism and will be indispensable for families, carers and anyone involved with children on the autism spectrum.

This essential manual helps educators comfortably and knowledgeably bring comprehensive sex education to the special education classroom. Drawing on firsthand experience and real-world examples, the first half provides background material—including common roadblocks—and tools for how to effectively partner with parents. The second half breaks down the how-tos of implementing a successful sex education program and troubleshoots tricky situations that might come up in the special education classroom. Written in accessible, person-first language, this guide equips you with best practices for providing students with developmental disabilities with the knowledge and tools to engage in

healthy relationships and live full lives as self-advocating sexual beings.

This candid guide covers everything parents might ever want to tell their teens about intimacy and sex within the context of family values. Illustrations.

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

A simple and modern guide to bodies and boundaries! Amy and Alex have toured over 200 schools delivering inclusive sex and relationship lessons. They've taken the toughest and most common questions about puberty from THOUSANDS of UK children and answered them in this simple and empathetic guide to growing up. From questions about puberty, consent and boundaries to navigating the online world and sexuality, Brilliant Questions About Growing Up is an easy-to-follow toolkit about what 'normal' really means when it comes to growing up (spoiler, it looks different for all of us). This reassuring read is ideal for 7-11 year olds and offers a non-judgemental approach to all of those difficult, funny and (sometimes) embarrassing questions in a way that facilitates honest and comfortable conversations with children. 'The authors navigated this difficult to explain and sometimes difficult to understand area with great empathy and simplicity . . . I think this is a great book and I'll continue to use it as a parent, sharing it with my kids as we try and understand the world of growing up together.' Dan Sumpton, social worker and NHS psychological therapist - Sonshine Magazine

This report investigates the actions taken by the Government to improve PSHE following Ofsted's finding in 2013 that the subject required improvement in 40% of schools. It concludes that the Government's current strategy for improving PSHE is weak, with a mismatch between the priority that ministers claim they give PSHE and the steps that have been taken to improve the quality of teaching in the subject. There is an overwhelming demand for statutory sex and relationships education - from teachers, parents and young people themselves. Statutory status will help ensure investment in training for teachers to improve its provision. SRE forms an important part of any school's efforts to safeguard young people from abuse, and is particularly needed to protect the most vulnerable children. PSHE builds character and resilience, and will help young people to live happy and healthy lives. The Committee recommends: all schools should be required to run a regular consultation with parents on the school's SRE provision; the parental right to withdraw their child from elements of SRE should be retained; the Government should formally endorse and issue the SRE guidance produced by Brook, the Sex Education Forum and the PSHE Association and promote this more actively to schools and governors; the funding of continuous professional development for PSHE teachers and school nurses should be reinstated; Ofsted should resume its regular subject surveys of PSHE provision; SRE should be renamed Relationships and Sex Education - RSE - to emphasise the relationships element of the subject.

This exciting and innovative book assists health practitioners in understanding the sexual diversity that now occurs in therapeutic consultations. The Internet with its anonymity and easy accessibility to all forms of sexuality and sexual behaviour, including cybersex, has enabled individuals to be more open and explorative in their sexual repertoire than ever before. Therefore, therapists can find themselves working with clients presenting issues of sexual diversity and sexual offending, with the latter mistakenly being confused as synonymous with the former. With this book, researchers and clinicians have the opportunity to explore aspects of diverse sexual practice with which they may be unfamiliar. This allows them to have confidence in understanding the issues being addressed in the consulting room, and to know when the client may be crossing a line into illegal sexual behaviour. In this way, the method of therapy offered can be both more appropriate and more beneficial for the diverse lifestyles encountered in contemporary society.

A comprehensive examination of relationships, sex and sexuality issues faced by children during the primary phase of education.

This is the first book to provide a multidisciplinary and global overview of evidence-based sexuality education (SE) programs and practices. Readers are introduced to the fundamentals of creating effective programs to prepare them to design new or implement existing programs that promote healthy sexual attitudes and relationships. Noted contributors from various disciplines critically evaluate evidence-based programs from around the globe and through the lifespan. Examples and discussion questions encourage application of the material. Guidance for those who wish to design, implement, and evaluate SE programs in various social contexts is provided. Each chapter follows a consistent structure so readers can easily compare programs: Learning Goals; Introduction; Conclusion; Key Points; Discussion Questions; and Additional Resources. The editor taught human sexuality and family life education courses for years. This book reviews the key information that his students needed to become competent professionals. Highlights of the book's coverage include: Interdisciplinary, comprehensive summary of evidence-based SE programs in one volume. Prepares readers for professional practice as a Certified Family Life Educator (CFLE) or sex educator by highlighting the fundamentals of developing and implementing SE programs. Exposes readers to evidence-based SE programs from various social contexts including families, schools, communities, and religious institutions. Considers the developmental context of SE across the lifespan along with programs for LGBT individuals and persons with disabilities. Critically reviews SE programs from around the world including the US, Europe, Asia, Africa, Latin America, and other developing countries. The book opens with an historical overview. Part I focus on general frameworks of sexuality education including UNESCO's International Technical Guidelines. How to develop, deliver, and implement evidence based SE programs, including ethical concerns, are explored in Part II. Part III exposes readers to evidence-based programs in various social contexts--families, schools, communities, and religious institutions. Part IV considers the developmental context of SE from early childhood through adolescence and adulthood along with programs for LGBT individuals and persons with disabilities. Part V examines diverse global contexts from the US, Latin America, Europe, Asia, Africa, and other developing countries. The book concludes with future trends and directions. Ideal for graduate or advanced undergraduate courses in sex education, sexual health, human sexuality, sex or marriage counseling, intimate relationships, family life education, or home, school, and community services taught in human development and family studies, psychology, social work, health education, nursing, education, and religion, and in seminaries and family clinics, the book also serves as a resource for practitioners, counselors, researchers, clergy members, and policy makers interested in evidence based SE programs, or those seeking to become CFLEs or sexuality educators.

A guide for teens about sex and related topics draws on the expertise of a psychologist and an OB/GYN to offer answers to questions on a wide range of subjects that teenagers may be reluctant to discuss with adults.

Describes the natural stages of love, refutes various romantic notions that can undermine a relationship, offers realistic insights designed to strengthen the bonds of love, and presents suggestions on how to transform a relationship.

Young people's natural questions, behaviors and curiosities around sexuality create some of life's awkward and challenging moments for parents. Yet these opportunities invite parents to have important conversations - to share personal values, beliefs, and age-appropriate information with their children. There's No Place Like Home... for Sex Education offers a friendly and practical guide for having these conversations with confidence, comfort, and humor, from the experts at Planned Parenthood of Southwestern Oregon. Mary Gossart has worked in the field of health and sexuality education since 1975. As the Vice President of Education and Training at Planned Parenthood of Southwestern Oregon, and more importantly as a mom and "Grammy," she supports families in having honest, intentional communication about sexuality.

Effective Relationships and Sex Education (RSE) provision is a right for all learners, yet it often proves challenging for educators and caregivers, particularly those teaching learners with additional needs. This book provides practical guidance for teachers and Special Educational Needs Coordinators (SENCOs) who require the knowledge, skills and confidence to deliver effective RSE to young people with Special Educational Needs. It offers both specific support tailored to pupils with Profound & Multiple Learning Difficulties (PMLD) and Severe Learning Difficulties (SLD), Down's Syndrome and Autism, as well as broad support to embed a whole-school approach in mainstream and special settings. Chapters guide the reader through a range of key topics, with advice, strategies and ready-to-use resources to teach RSE in a positive and respectful way. This much-needed book will be invaluable for education professionals, residential care providers, and anybody looking to support young people with Special Educational Needs as they learn about relationships and sex. It will also help schools to meet statutory requirements covering the delivery of Relationships and Sex Education.

How can we support children's and young people's mental wellbeing in a digital age? Through a series of informative and thought-provoking case studies, this book explores how to enable children and young people to stay safe, happy and mentally healthy at a time when so much of their lives are spent online. Featuring contributions from across research and practice, with the voice of the child at its heart, the book offers simple, practical guidance for improving wellbeing based on real-world evidence. It will be essential reading for parents, carers and professionals working with children across a range of school and community settings.

Intimate self-touch and masturbation can pose many difficulties for people with learning disabilities and/or on the autistic spectrum, particularly when it happens in public settings. This frank and thorough guide looks at societal, cultural and religious views of masturbation, how teens develop into sexual beings, the right to be sexual, how to masturbate, appropriate public and private behaviour, professional responsibilities and boundaries, and legal aspects of this topic. It also contains good practice responses providing examples of the issues and solutions in action.

A guide to sex education and contemporary sexual ethics answers common questions that teens have about such topics as dating, relationships, consent, and sexual safety.

A complete curriculum for teaching about sexual health and intimate relationships, taking into consideration the learning preferences, sensitivity, social and other issues characteristic of individuals with autism spectrum disorders.

From Heather Corinna, founder and director of Scarleteen.com, and Isabella Rotman, cartoonist and sex educator, comes a graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings. Join friends Malia, Rico, Max, Sam and Alexis as they talk about all the weird and exciting parts of growing up! This supportive group of friends are guides for some tricky subjects. Using comics, activities and examples, they give encouragement and context for new and confusing feelings and experiences. Inclusive of different kinds of genders, sexualities, and other identities, they talk about important topics like: - Bodies, including puberty, body parts and body image - Sexual and gender identity - Gender roles and stereotypes - Crushes, relationships, and sexual feelings - Boundaries and consent - The media and cultural messages, specifically around bodies and sex - How to be sensitive, kind, accepting, and mature - Where to look for more information, support and help A fun and easy-to-read guide from expert sex educators that gives readers a good basis and an age-appropriate start with sex, bodies and relationships education! The perfect complement to any school curriculum.

When it comes to sex education, parents of adolescent girls often know just as little about where to start as girls themselves. Even the mention of sex education or puberty can make everyone feel uncomfortable, nervous, or insecure. In The Girls' Guide to Sex Education, award-winning youth sex education expert Michelle Hope offers down-to-earth, supportive sex education guidance as she addresses the most pressing questions that girls have about sex, puberty, and relationships-directly and without judgment. The Girls' Guide to Sex Education will arm girls with a complete understanding of their body and, as a result, will empower them to make informed, healthy decisions.

'Where do babies come from?' The prospect of this age-old question is one that causes significant apprehension for many professionals working with children, but this isn't where the anxiety ends. This book argues that it is essential to have clear strategies to support children's questions about relationships, growing up and sex so that they are enabled to develop positive and confident views about themselves and those around them. It examines important concerns such as the role of media in children's lives in shaping their views on relationships and explores how issues of gender and sexuality are considered more fluidly. Whether working in an academy, free schools, faith schools, the independent sector or elsewhere this book supports you to help children to deal with a wide range of relationships issues, meeting the requirements of the new legislation on relationships education for primary aged children as a foundation for relationships and sex education. Drawing on research with teachers about their apprehensions about teaching the subject

and children's experience of its delivery, the authors give a full picture of common concerns and difficulties and how to successfully meet them and support children from 3-11, and the transition to secondary school. Topics covered include platonic friendships, developing self-respect and respect for others, and enabling personal choice and safety. Sacha Mason and Richard Woolley explore issues surrounding notions of age and stage development. They discuss how children develop at different rates and that each child is unique in relation to learning in this area. They outline a distinct pedagogical approach to managing children's individual needs for relationships and sex education. They also look at supporting children with SEND when considering how to implement relationships education in primary schools. This second edition includes new chapters on children's development and needs, and developing inclusive relationships education. The book has been updated throughout with summaries of the latest research, case studies, ideas for developing practice and signposts to key websites and resources. The chapters provide all the support you need to confidently promote children's healthy development. This text prepares boys for what to expect from puberty and offers advice on what they can do to cope with the physical, psychological, and emotional changes and stay happy and confident as they go through their early teens.

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