



HILDENBOROUGH CHURCH OF ENGLAND PRIMARY SCHOOL

To be the best we can be, for ourselves, for others and for God.

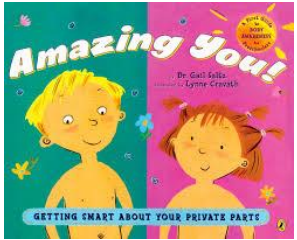
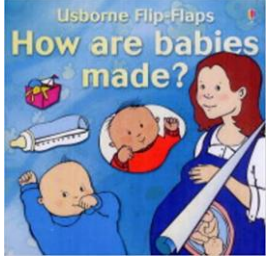
RSHE Recommended Reads

Before I share some recommended reads, these are my top tips for talking to your children about sex and relationships:

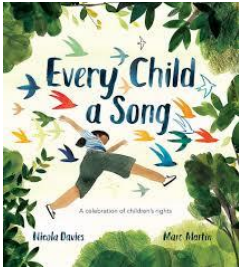
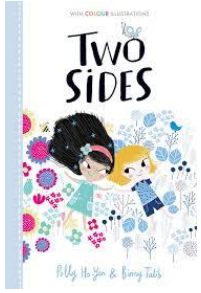

- Read any books you plan to share beforehand – check language used and content covered.
- Keep any explanations short and to the point – too much information can be overwhelming and your child may be too embarrassed to listen for long
- Be prepared for questions and know where to find the answers!

EYFS and KS1

<p>Ask First, Monkey by Juliet Clare Bell</p>	<p>Monkey is the best tickler in the world and he loves tickling all his friends at lunchtime – but what happens if some of his friends do not want to be tickled?</p>	
<p>The Family Book by Todd Parr</p>	<p>This book celebrates the love we feel for our families and the different varieties they come in, assuring readers that every family is special in its own unique way.</p>	
<p>We are Family by Patricia Hegarty</p>	<p>This book uses a gentle rhyming text to follow eight different families celebrating their everyday differences as well as their similarities. Overall, the great thing about families, whatever their makeup, is that they help us through the difficult times.</p>	
<p>It's My Body: A Book about Body Privacy by Louise Spilsbury</p>	<p>A book to teach young children about respecting boundaries including what to do about unwanted touch. Children will learn that their body belongs to them and they can say 'no' if they do not want anyone to touch their body. They will discover what is inappropriate, and be encouraged to speak up if they are uncomfortable with how other people treat them. It also covers the topic of secrets and when you should not keep a secret.</p>	

<p>Amazing You: Getting Smart About Your Private Parts by Gail Saltz</p>	<p>This is a picture book designed especially for young children who are becoming sexually aware but are not ready to learn about sexual intercourse. Written with warmth and honesty, Amazing You! presents clear and age-appropriate information about reproduction, birth, and the difference between girls' and boys' bodies.</p>	
<p>How are babies made? by Alistair Smith</p>	<p>Find out how a baby grows inside its mother – with the help of fantastic fold-out flaps. Bold cartoon-style illustrations show where a baby comes from, how long it takes to grow and what a newborn baby does.</p>	

Key Stage 2

<p>Every Child A Song by Nicola Davies</p>	<p>A lyrical and unique picture book introducing readers to the universal rights that every child is entitled to under the UNCRC. The book opens with the arrival of a newborn and explores love, protection, a home, a name, the chance to explore and learn, moving towards issues of child labour, exploitation and the need for compassion and kindness.</p>	
<p>Two Sides by Polly Ho-Yen</p>	<p>Lula is a Dog Person and Lenka is a Cat Person; Lula is super messy and Lenka is totally tidy; Lula likes talking and Lenka likes watching - but together they make the perfect pair. Until The Day that Everything Goes Wrong and they are no longer friends. Despite feeling lonely, neither is prepared to listen or forgive. Will it be this way forever?</p>	
<p>Respect: Consent, Boundaries and Being in Charge of You by Rachel Brian</p>	<p>'Respect' is a very accessible, highly-illustrated text presented in a comic book style which makes it an easily digestible way of broaching potentially tricky subjects with children, starting with an explanation of what 'consent' actually means. The book then goes on to explore the ideas of: body autonomy, trusting your gut feelings, giving and getting consent, saying no and changing your mind, growing healthy relationships, reflecting on your past behaviour and helping others in a bad situation. Although that may seem like a lot of information, all the concepts are explained in a short and snappy way which will appeal to young readers.</p>	

<p>Lift-the-Flap Questions & Answers About Growing up by Katie Daynes</p>	<p>This book tackles some of the whys and wherefores of growing older and puberty in bite-sized format. It looks at what changes might happen to a boy or girl's body as they get older and why these changes occur. It uses proper biological vocabulary (vagina, penis, sperm, uterus) as it discusses hormones, periods, shaving and more. Although it describes the functions of the reproductive organs, no explanation as to the physical process of sex is given.</p>	
<p>Hair in Funny Places by Babette Cole</p>	<p>This book is formed of a conversation between a small girl and her teddy bear about 'Mr and Mrs Hormone' who 'live inside you' and 'mix the potions that turn children into adults'. The illustrations are silly but show teenage girls and boys in their various stages of development in appropriate ways. Hair in Funny Places is an excellent basic introduction for young, pre-pubescent boys and girls alike, which does much to normalise the experience and pave the way for future discussions.</p>	
<p>The 'Growing Up' series</p> <p>The 'Boys' Edition by Alex Frith</p> <p>The 'Girls' Edition by Felicity Brooks</p>	<p>This comes in a version for girls and a different version for boys.</p> <p>This title describes the physical and emotional changes a boy will experience as they go through puberty. It also tackles the subjects of drugs, cyber-bullying, and mental health, and explains in brief some of the changes girls go through too. There is a section about sex and contraception, which is sensitively written yet factual and should help set minds at ease.</p> <p>This title explains the physical and emotional changes girls may experience as they get older, including periods, buying bras, mood changes, exam stress and eating disorders. It also covers sex and relationships, STIs, contraception and body image. There is a summary of the changes boys go through too.</p>	
<p>Mummy Laid an Egg by Babette Cole</p>	<p>Where do babies come from? Mum suggests that you can make babies out of gingerbread, grow them from seeds or squeeze them out of tubes, while dad says you can find them under rocks. Their children decide to set the record straight and, with the aid of a few helpful diagrams, show their parents exactly what's what.</p>	