



Greetings from Nurse Katherine

Growth and Development classes are now well under way for our grade 5/6 students.

Our 3/4s will start their classes in week 2 next term and K – 2 from week 6 (more information to come soon).

Our grade 5/6 students have been very respectful learners during their lessons.

Here are some great resources for parents and carers to help continue with conversations at home.

Our government's advice is to **Talk Soon, Talk Often** – meaning it's never too early or frequent to start age-appropriate conversations to help children learn about their bodies, and that sexuality and sex are healthy parts of life as they grow up.

Here are some tips (which I use myself as a parent) for when questions might arise:

- Ask your child what they already know (this helps you know where to go with the conversation and gives you a moment to compose yourself if needed, depending on the question!)
- Don't feel you have to answer everything all at once – kids are often happy to be given little bits of information, and know they can come back to these conversations when needed
- Don't be afraid to say you don't know how to answer a question...Remember, we don't have to be experts – your child just needs to know they can come to you to ask. This can also become a great learning opportunity if you give them examples of where you can find reliable, honest and appropriate information on this topic (e.g. the links below instead of randomly searching on the internet!)
- There are many more great tips below, especially on the **Raising Children Network** website
- The State Library of Tasmania also has lots of great books on these topics (e.g. Puberty books written for kids)

Protective behaviours:

<https://betterrelationships.org.au/family-parenting/common-issues-for-children/protective-behaviours/>
<https://kidshelpline.com.au/unsafe-secrets>

Talking about sex:

http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk Often
<https://raisingchildren.net.au/school-age/development/sexual-development/sex-education-children>
<https://bodytalk.org.au/parents-and-carers/tips-for-talking-with-your-children/>

Don't Panic About Puberty! 🤔 | Full Episodes | Operation Ouch

<https://www.youtube.com/watch?v=jDWs1YioOjg>

If you have any questions or concerns that I can support you with relating to these topics, please make contact through the school office.

Katherine Lee

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Talk soon. Talk often.

A guide for parents talking to their kids about sex.

1. Talk soon. Talk often. Listen too.	2. Offer lots of little conversations over time from toddlerhood to adulthood, not one 'big talk'.	3. Start talking about bodies when your child is an infant, and use the correct names for body parts: penis, testes, scrotum, vulva, vagina, breasts.	4. Sexual health is not just about having sex, it's bodies, babies, growing up, being a girl, being a boy, love, sexual expression, feelings, personal values, decisions and relationships.
Fact: Puberty can start at 8 (mostly at 10 or 11), and can continue until 18 (but can be later).			
5. Do not just wait for your children to ask questions.	6. Take advantage of teachable moments. Use prompts from TV, magazines, experiences with friends, music and the Internet to start conversations and 'hypotheticals'.	7. Answer questions honestly and simply. Just a little bit of information is OK because you can always come back to it (and you should).	8. Good communication needs two-way talk, not one-way lectures.
Fact: By the end of Year 12, about 50% of young people have had sex. And 50% have not had sex.			
9. Be a 'tellable' parent – make yourself available, unshockable and listen.	10. It's never too late to start. If you are feeling self-conscious, avoid eye-contact and start a conversation when you're in the car or doing the dishes.	11. Don't assume every child is heterosexual: about 10% of the population will be same-sex attracted.	12. If you don't know how to respond to a question it is OK to say so. Say something like, 'That's a good question, I don't know how to answer it. I'll find out and get back to you', or 'We can find out together'.
Fact: Research shows: children who talk about sexuality with their parents start having sex later.			
13. Continue to show your child affection even when they are going through puberty. Regular hugs can communicate a lot.	14. Find out when and what your child is learning at school about sexual health so you can be prepared.	15. Let your kids know about using condoms even if you disapprove of them having sex.	16. Leave age-appropriate brochures and books with accurate information on sexuality around for your children to read.

This tip sheet is adapted from Talk soon. Talk often, a publication for parents adapted by the Department of Health and Human Services, Tasmania and originally produced by the Western Australian Department of Health, based on research and development by the Australian Research Centre in Sex, Health & Society at La Trobe University, Victoria.