

SESSION 1 Bodies | 15 mins | Ages 4 to 9

Kids who are prepared for puberty are more likely to find it a breeze than a hurricane. And that includes you too...

Cath Hakanson of www.sexedrescue.com

1 That quote is from [this article](#) on how helping your child thrive, not just survive, during adolescence. We guarantee you won't know it all!

2 Draw the outline of a human form (without gender or features). Draw 3 question marks – over the face, body and groin. Ask your child to imagine they are an artist and turn it into a man or woman

FOLLOW-UP – ages 4 to 7

1. What do we call the different parts of girls' and boys' bodies?
2. How have you changed since you were a baby?
3. How do you look different from a grown-up?

FOLLOW-UP – ages 8 to 9

4. What age will you be when you start to grow into an adult?
5. What parts do we use to make babies?
6. How will your body change soon and what are good habits for looking after your body?

3 To finish, ask your child: "How do you feel about growing up?"

*Remind your child of the **amazing things their body can do** for them: sports, activities, play...*

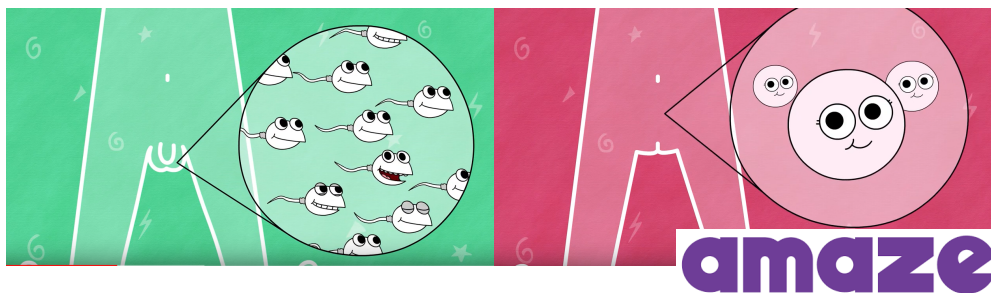
Be matter-of-fact!
*Making puberty sound commonplace can neutralise any playground **worries, mysteries or myths***

*A helpful key message: "We are all **different** and end up looking **totally unique** – isn't that great?"*

Remember: every child is different. You might want to adjust these activities for the age and stage of your child

SESSION 2a Babies | 15 mins | Ages 4 to 7

- 1 Play this [Amaze Jr video](#) (it covers sperm and eggs and how babies are made and grow)
- 2 Ask your child to mark one of the below pictures with an “M” for male and one with an “F” for female. Recap the differences between male and female bodies...



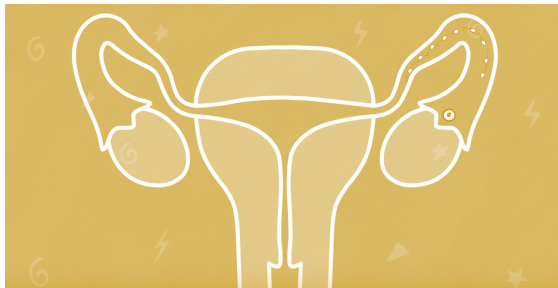
- 3 Cut out the 4 pictures on page 3. Ask your child to write 1, 2, 3 or 4 on each picture to show what order they happen in
- 4 Challenge your child to find a picture of a bird (for example, a chicken), a flower and a frog in any books or magazines you have. Lay the pictures out and ask about each one: what's different about the way that their babies grow?



And finally, YouTube [What's Virgin Mean](#) for 2 minutes of light relief!

More tips at www.outspokeneducation.com

SESSION 2a **Babies** | 15 mins | Ages 4 to 7

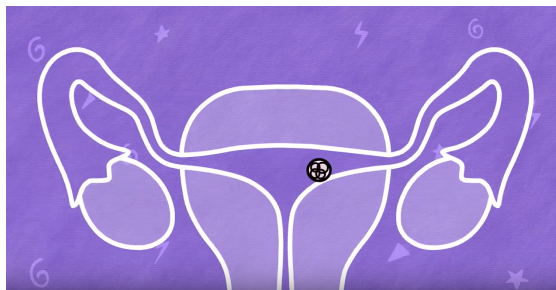
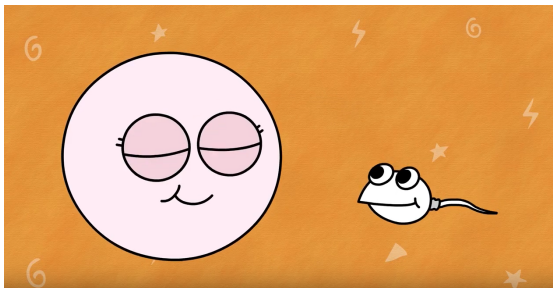


1

The sperm travel
towards the egg
inside the uterus

2

The sperm and
egg meet



3

They stick there
and start growing
together

4

The baby grows
for 9 months
inside the uterus



SESSION 2b Body parts | 35 mins | Ages 9 to 12

1 Tell your child that they are going to be the teacher and you the student. Ask them to “stand at the front” and explain the differences between an 8-year-old’s body and an 18-year-old’s body

Playing teacher may get your child in a mature frame of mind!

Take notes, and if they don’t cover the ability to have a baby – prompt!

2 Play this [Amaze Jr video](#) (it covers reproduction and vaginal sex). Watch it first to make sure you feel the content is right for your child

3 Spread out or stick up the diagrams on page 5 and ask your child to be the teacher again. They should: a) label the diagrams, and b) as they do so, tell you what “job” each body part does

We recommend labelling the clitoris and noting that its job is to “make the person’s body feel nice”. If we don’t teach children that sex should feel nice, they are more at risk of accepting unhealthy relationships and uncomfortable experiences later on

4 Draw an “opinion line” on paper and get out stickers or markers...

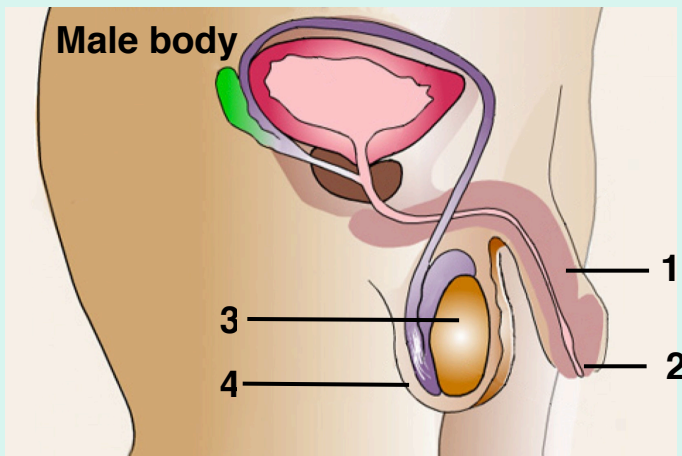
1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
I strongly disagree *I strongly agree*

Ask your child to mark “where they stand” in response to these questions: 1) I know everything I want to know about babies, and 2) I want to have a baby one day. Use them as conversation starters

Worried about the question “Do you and Mummy or Daddy have sex?” See our Outspoken experts’ answers [here](#) & other Mayday Moments [here](#)

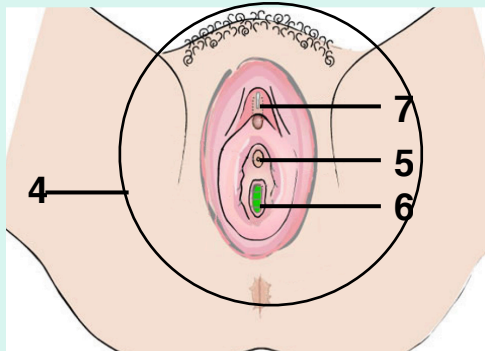
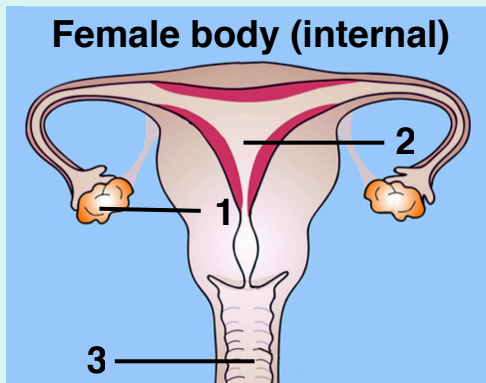
SESSION 2b Body parts | 35 mins | Ages 9 to 12

Name the body parts (without looking at the answers below)



Outspoken advises using correct terms for body parts as well as family nicknames so as not to convey shame and because those are the facts!

For example, would you say "tootsies" without ever using the word "toes"?



Female body (external)

Male body

- 1 = Penis
- 2 = Urethra
- 3 = Testicles
- 4 = Scrotum

Female body

- 1 = Ovaries
- 2 = Uterus
- 3 = Vagina
- 4 = Vulva
- 5 = Urethra
- 6 = Vaginal opening
- 7 = Clitoris

SESSION 2b Body parts | 35 mins | Ages 9 to 12

Mix 'n' match: draw a line between the body part & its description

Body part

Description or what job the body part does

URETHRA

A. Two small round organs that produce sperm, which are needed to make a baby

UTERUS

B. The organ which stores the eggs (ova)

TESTICLES

C. The part on the outside of the body that contains the openings of the vagina & urethra and the clitoris

VULVA

D. Carries urine from the bladder to the outside of the body

SCROTUM

VAGINA

E. The passageway between the uterus and the outside

PENIS

F. Where the vagina meets the outside

CLITORIS

G. A very sensitive part that gives pleasure

OVARIES

H. The place where a baby grows

VAGINAL
OPENING

I. Part that contains the urethra. Urine and semen with sperm (in grown males) pass through it to leave the body

J. Pouch of skin that holds the testicles

SESSION 3 Periods | 20 mins | Ages 8 to 11

- 1 Search up Tampax Parenting Advice by way of a pep talk before you begin. [How To Talk To Your Daughter About Her Period](#) is good
- 2 Ask your child to answer with “true” or “false” for these statements from #PeriodPositive (answers [here](#))

1. Most people start their periods by 10 years old.
2. A period happens when the lining of the womb comes away and passes through the vagina and out of the vulva.
3. During your period you lose about one pint of blood.
4. Once periods start they always happen every 28 days.
5. During a period, bleeding lasts for about 5 to 7 days.
6. Periods are always very painful and cause bad moods.
7. During a period, you should not play sports or go swimming.
8. Periods stop when a person is about 50 years old.
9. You definitely can't get pregnant during your period.
10. You can't have sex during a period.



- 3 YouTube the age-appropriate comedy video [First Moon Party](#). Ask...
 - Who are you going to tell when you get your first period?
 - Would you like to celebrate it or mark it in some way?
 - Will it make you feel connected to women worldwide & over time?
- 4 Look at the helpful [Periods Matter](#) resource from Sex Ed Matters

With your child, check out [PeriodPositive](#), [Pink Protest](#) and [Bloody Good Period](#) – they're raising awareness and their activism is normalising the conversation around bodies & periods

SESSION 4a Body image | 25 mins | Ages 4 to 8

1 Open the fridge and the food cupboards and ask your child to imagine a world where they were all full of... pasta. Of baked beans? Of sweets? Of milk? Talk about why variety is good

Each name your 3 favourite parts of your body – put a sticker on them if you like!

Each name 3 ways you can be kind to your body. Draw pictures if applicable

2 Ask “Is the most important thing about someone how they look? What else might be important?” (hint: **who they are**, **how they feel**, **what they say**, **things they do**). Ask what’s important about the characters in the left column on page 9 (pick ones they know)

3 Ask them to think of and/or draw a TV/film/book character who is...

1. **A baddie who isn’t ugly (you can’t tell by looking at them)**
2. **A hero who doesn’t use their muscles to do good things**

Use your bookshelves as inspiration. Talk about people’s good, brave or unkind actions. Discuss the differences between real life & stories

It’ll do your child a lot of good to hear your praise!

4 Ask your child to pick the 3 qualities that they think their friends would choose to describe them. Use the list on page 9

Take them to a mirror they use. Ask them if you can tell just by looking at them what they’re like inside. Stick their 3 qualities on Post-it notes around the mirror. Remind them everyone has good qualities inside

SESSION 4a **Body image** | 25 mins | Ages 4 to 8



Funny



Brave



Caring



Patient



Honest



Hard working



Confident



Helpful



A good friend

See also... Confident Me videos from www.dove.com

More tips at www.outspokeneducation.com

SESSION 4b Body image | 25 mins | Ages 8 to 11

1 Play the BBC's 3-minute [What Is Perfect](#) clip. Ask your child to write down the questions from the film as they go. Hint...

- What is meant by "body image"?
- Why do people feel they have to wear make-up?
- Do some people want to get plastic surgery to make body parts bigger or smaller?
- Is anyone perfect?



2 Ask your child to brainstorm places (eg TV) where they see "perfect" people who don't look like real people. Do 2 challenges:

- Turn on the TV and see how long it takes to find 5 examples
Pause and list differences with real-life bodies, faces, shapes, ages...
- Have a race to find one toy or picture in the house with an unrealistic body image for boys/men and one for girls/women

3 Go back to their list of questions from the BBC film. Ask your child to pick 2 of the questions and work out together how to explain the answer to an alien who has come from outer space...

Make your child feel that you value & learn from their ideas!

4 Ask your child to pick the 3 qualities that they think their friends would choose to describe them. Use the list on page 11

Take them to a mirror they use. Ask if you can tell just by looking at them what they're like inside. Stick their 3 qualities on Post-it notes around the mirror. Remind them everyone has good qualities inside

See also... Confident Me videos at www.dove.com #MySenseOfSelf

More tips at www.outspokeneducation.com

SESSION 4b **Body image** | 25 mins | Ages 8 to 11

Thoughtful

Creative

Supportive

Gentle

Appreciative

Funny

Strong

Quick

Punctual

Resilient

Sensitive

Friendly

Caring

Perceptive

*OR WRITE
YOUR OWN*

Assertive

Patient

Hard-working

Trustworthy

Reliable

Energetic

Honest

Versatile

Practical

Willing

Responsible

Open-minded

Loyal

Logical

See also... self-esteem videos at www.dove.com & #MySenseOfSelf

More tips at www.outspokeneducation.com

SESSION 5 Body safety | 25 mins | Ages 4 to 8



1 Search up NSPCC Pants to watch the [Pantosaurus](#) song and play the Playtime With Pantosaurus [game](#). If you have Alexa, try enabling the NSPCC Pants skill to extend the game!



Tell your child you are going to talk more about 2 of the letters in PANTS – see if they can guess which... (hint: it's the 2 letters in orange below)

P **2** Reinforce the idea that “privates are private”: they are **just for you** and **not to be shared with others**. Work out their “circle of trust” with them (on page 13)

T **3** Check your child’s understanding of secrets vs surprises (which are only secret for a little while)

No one should ask us to keep a secret even if it's fun and especially if it makes me sad, scared, or if it's about private parts.

× Secret or Surprise ✓ ?

- A grandparent gave you a piece of candy and told you not to tell your parents. ×
- You got a present for a birthday party and aren't supposed to say anything until they open it. ✓
- You're going on a trip but your parents don't want you to tell your sibling until morning. ✓
- A cousin showed you a scary movie and said you'd be in trouble and not to tell. ×
- A friend wanted to show you their private parts in the bathroom. ×

Play Secret Or Surprise from [Mama Bear Effect](#) as a mini-quiz

Watch [My Body Belongs To Me](#) then share with your child
More tips at www.outspokeneducation.com

SESSION 5 **Body safety** | 25 mins | Ages 4 to 8

Privates are not to be shared with others -
no one should look at, or touch our private areas and we all should have privacy when using the bathroom or changing clothes.

My BODY SAFETY CIRCLE



**3 to 5 trusted
adults I can
talk to if
I have a body
question or
problem**

SESSION 6a **LGBT+** | 35 mins | Ages 4 to 7

1 Find Tom Hardy reading Rob Biddulph's book *Odd Dog Out* for [CBeebies](#). Watch it together with your child

2 Discuss what the word “diversity” means ([this](#) definition can help). Use the chart on page 16 to write – or draw – similarities and differences. Ask which column feels more important. It might help to think about these categories...



Home, Who's in the family, Jobs, Celebrations, Religion / No religion



3 Home in on **family**. Challenge your child to think of as many different kinds of family as they can in 1 minute (as you keep tally). Find answers in [this](#) Amaze video...

If 2 mums or 2 dads doesn't come up – prompt! Using [this guide](#), find your own way to define gay and lesbian for your child

4 Ask your child to try and remember what the dog in *Odd Dog Out* might say to someone who was worried about feeling different, like...

There's nothing
wrong with being me

Each one a
doggy superstar

Blaze a trail –
be who you are

4 As an additional activity, use Rob Biddulph's great [#DrawWithRob](#) tutorial (#2: Sausage Dog) to decorate a **diversity poster** with a slogan (like the ones above) from *Odd Dog Out*

SESSION 6b LGBT+ | 35 mins | Ages 7 to 11

1 Show your child the Pop'n'Ollie [Kenny Lives](#) video (also available as a book with a lesson plan)



2 Discuss what the word “diversity” means ([this](#) definition can help). Use the chart on page 16 to list similarities and differences. Ask which column feels more important...

... and suggest that they think about categories like these:

Home, Who's in the family, Jobs, Celebrations, Religion / No religion



3 Home in on **family**. Challenge your child to think of as many different kinds of family as they can in 1 minute (as you keep tally). Find answers in [this](#) Amaze video...

If 2 mums or 2 dads doesn't come up – prompt! Using [this guide](#), find your own way to define gay and lesbian for your child

4 Ask your child to summarise what Kenny did. Cut out 10-12 brick-shaped pieces of paper and ask them to write a word to describe Kenny OR another character like Kenny that they admire on each. These could include words for **kind**, **open-minded** and **brave**

5 Stick these bricks onto a piece of paper to form a wall. Ask your child to paint a poster, as colourful as they can, with the words on Kenny's wall – “Everyone is welcome” – in the centre

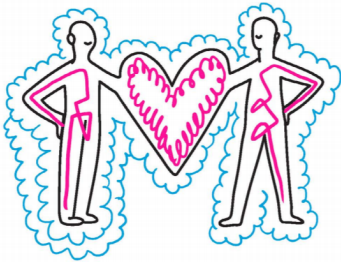


SESSION 6a&b **LGBT+** | 35 mins | Ages 5 to 11

WHAT MAKES
FAMILIES
DIFFERENT?

WHAT MAKES
FAMILIES
THE SAME?

TOP TIPS FOR OPEN CONVERSATIONS AT HOME



1

Talk when you're not across from each other – in the car, out walking, doing something together. It can be easier without eye contact

2

Rehearse in advance with a partner or friend. Practise saying awkward words out loud so it starts feeling more natural



3

Use news stories, other people's experiences and ads, films, TV shows etc to kickstart conversation. Ask open-ended questions: "What do you think of that ad?" or "Does this happen at your school?"

4

It's OK to admit to feeling uncomfortable. Be honest and say: "I'm not used to talking about this but I want to try"



5

Signpost your child to the right resources. OutspokenEducation.com recommends great books, videos, YouTubers, websites and more...

OUR PICK OF THE BEST resources for parents & kids

SEX ED RESCUE



Sex Ed 101 | SEX ED RESCUE

For straight-talking advice and resources, try this comprehensive and approachable site. We're fans of their free 5-day online parent course Back To Basics



Amaze Jr | AMAZE

Amaze Jr has cartoons for ages 4-9. Parent videos include: "What if my kids don't ask?" and "How can I teach my values?" Great videos for older kids too



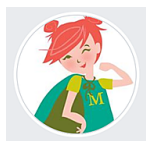
Instagram | IT HAPPENS

It Happens's Instagram account – trailing Brilliant Questions About Growing Up, their handy upcoming book on bodies & boundaries – has wise replies



YouTube channel | POP'N'OLLY

LGBT+ educational videos which teach about equality and diversity. Try LGBT+ Marvel Superhero or Prince Henry – A Gay Fairytale. Also see www.popnolly.com



Parenting section | A MIGHTY GIRL

The world's largest collection of books, toys, movies and music for those dedicated to raising smart, confident and courageous girls



Family Agreement | CHILDNET

Resources for when your child begins to explore the online world independently. Also in the Parents & Carers Toolkit section: advice on hot topics for older children

**More advice, guidance and resources
for parents on the Outspoken website**

www.outspokeneducation.com
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