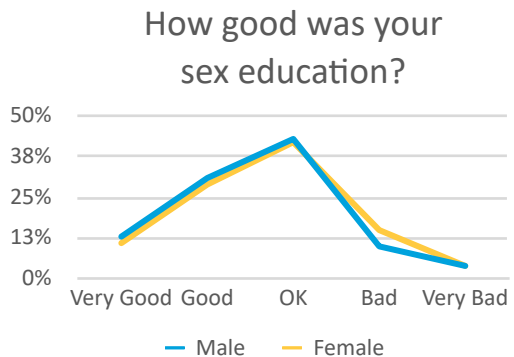


SESSION 1 About sex ed | 40 mins | Ages 11 to 16+

1 Watch the trailer for the Channel 4 show [Let's Talk About Sex](#) – and ideally an episode or two with your child...

2 Look together at this graph from a Sex Education Forum poll in which 17- and 18-year-olds rated the quality of their sex education. Put an X to mark what you feel about the sex ed you had and ask your child to do the same



3 Find a quiet, comfy place to sit with your child. Introduce the idea that they will “interview” you to learn more about growing up. Some suggested rules...

Anyone
can pass
on *any*
question

Answers
are kept
in the
room

No one
will be
judged or
mocked

4 Cut out the questions on page 2 and have your child choose 8 of them – and/or they can make up their own questions. If they consent to the idea, swap roles so that you become the interviewer. Compare notes afterwards and see which questions...

- you agreed on
- you differed on
- you found hard to talk about
- you talked most about

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

SESSION 1 About sex ed | 40 mins | Ages 11 to 16+

What is your earliest memory of childhood?

How would you describe the family you grew up in? Did it look like other families or was it different?

Did you have the same opportunities to learn, study and play as the other gender?

Where did you learn about how bodies change from child to adult?

Which words did you use for private parts (genitals) at home and in school?

Were there special ceremonies to mark the change from child to adult?

How did you first learn about how a baby is made? Did you get the right information?

Tell me a little about any sex education you had in school. Was it good or bad? What was missing?

What do you think has changed the most in how children and young people learn about sex from when you were young?

How and what did you learn about STIs (sexually transmitted infections) and contraception?

How and what did you learn about periods?

What are your 3 top pieces of advice for children about adult relationships?

SESSION 2 Puberty | 25 mins | Ages 11 to 13

1 Take 60 seconds to define the word “puberty” and agree which definition is closest. Look it up to find a definition that you can both agree on – for example...

Puberty is the stage in life when you develop from a child into an adult. Physical changes in puberty are accompanied by emotional changes as brains develop and hormones change

2 Cut out and discuss the Changes In Puberty cards on page 4 and arrange into these 3 headings...

- Biologically male
- Can happen to anyone during puberty
- Biologically female

Mix the cards again and arrange into these 2 headings...

- Physical changes
- Emotional changes

Agree on which cards created most discussion between you

3 Each of you picks a card whose changes you think are hardest to deal with – and reveal which card you picked after a count of 3. Say why...

SESSION 2 Puberty | 25 mins | Ages 11 to 13

Body shape changes	Moods change a lot	Some people begin to masturbate	Sperm starts being produced
Nipples change shape and colour	Can feel emotional or upset for no reason	Underarm hair starts to grow	Hair starts to grow around private body parts (genitals)
Facial hair starts to grow	More sweaty and more smelly	Voice gets deeper	Hips grow wider
Hair and skin may become more greasy	A whitish liquid (discharge) comes out of the vagina	Spots may appear and sometimes acne occurs	Feel intense emotions
The penis and testicles grow	Shoulders grow wider	Breasts begin to grow	Eggs start to mature
Experience spontaneous erections and wet dreams	Period starts	Sexual feelings may begin	Argue about rights and responsibilities

SESSION 2 Puberty | 25 mins | Ages 11 to 13

Reference guide – cards arranged into the correct categories

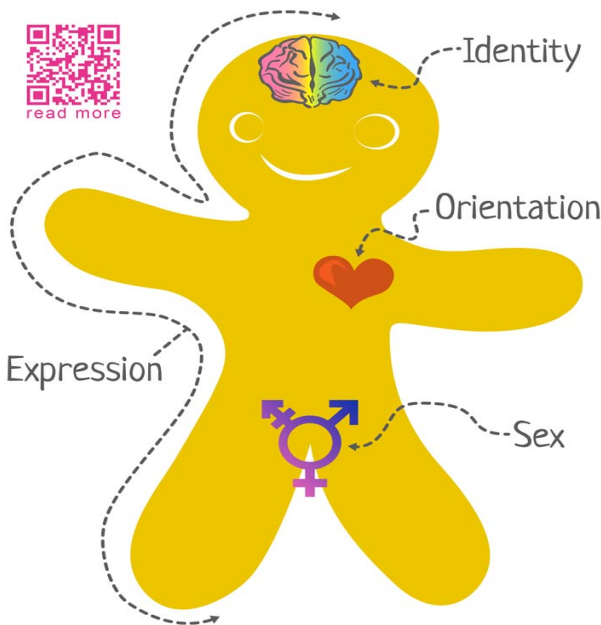
Biologically male changes	Changes that can happen to anyone during puberty		Biologically female changes
Voice gets deeper	Moods change a lot	Spots may appear and sometimes acne occurs	Period starts
The penis and testicles grow	Some people begin to masturbate	Underarm hair starts to grow	Breasts begin to grow
Facial hair starts to grow	More sweaty and more smelly	Body shape changes	Hips grow wider
Shoulders grow wider	Feel intense emotions	Sexual feelings may begin	A whitish liquid (discharge) comes out of the vagina
Sperm starts being produced	Hair and skin may become greasy	Hair starts to grow around private body parts (genitals)	Eggs start to mature
Experience spontaneous erections and wet dreams	Argue about rights and responsibilities	Can feel emotional or upset for no reason	Nipples change shape and colour

SESSION 3 **LGBT+** | 25 mins | Ages 11 to 14+

1 Discuss the acronym LGBT+ with your child to see if you have the same understanding, then watch this helpful 7-minute [Introduction To The Queer Community](#). Also be inspired by the great [It Gets Better](#) videos. Their message: “You are not alone”



2 Test yourselves – take it in turns to explain two each of the four concepts on this Genderbread Person from www.genderbread.org



Use the diagram on page 7 to assess whether or not you were right in each case

3 “Most elements of a person’s sexuality and identity fall on a continuum.” What do you think about this statement?

4 Using both resources, pick 3 favourite celebrities to discuss.

What do we know about their identity, orientation, biological sex and expression? What do we actually know? What are we assuming?

SESSION 3 **LGBT+** | 25 mins | Ages 11 to 14+



Gender Identity

Woman

Genderqueer

Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.



Gender Expression

Feminine

Androgynous

Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological Sex

Female

Intersex

Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.



Sexual Orientation

Heterosexual

Bisexual

Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

See also... [LGBT 101](#) on queer culture & 12-minute non-binary drama [Just Me](#)

More tips at www.outspokeneducation.com &



YOAN REED
TEACHING LIFESKILLS

SESSION 4 CONSENT | 50 mins | Ages 14+

1 With your child listen to Jameela Jamil talk about consent [here](#). Ask them: “What’s your reaction to the clip? Do you agree with her?” Ask them to explain these quotes to you...

“Technical consent isn’t the gold standard”

“I believe that learning sex from porn is like learning how to drive from watching The Fast & The Furious”

“Being generous in the bedroom will be reported far and wide among the lands”

2 Cut out the boxes on page 9. Match each quote with the key message about sex or intimate sexual behaviour that relates to it. Use it with the [session guide](#) on consent made by the PSHE Association for the Home Office campaign [Disrespect NoBody](#)

PSHE
Association

3 Home in on quotation 3 about saying no. Have a competition with your child to note down as many ways of saying “no” without using the word “no” as you each can in 60 seconds...

There’s a comedy list [here](#). Choose your favourite but remember: “Only yes truly means yes”

4 Take a look at this [Consent Castles comic](#). Try to write 5 to 10 bullets on this metaphor: *Building consent is like building a castle because...*

Talk about whether your child found this a helpful metaphor

SESSION 4 CONSENT | 50 mins | Ages 14+

F	1	<i>"It's only illegal if one of you's over 16 and the other's under 16. We were both under 16, so it's fine"</i>	A	Consent to one sort of sexual activity does not mean consent to everything. Consent is required for each sexual activity.
C	2	<i>"She's very quiet and isn't making eye contact – does she want me to go ahead?"</i>	B	A partner has the right to change their mind and withdraw consent to sexual activity at any time.
G	3	<i>"They didn't say no, so I think it was fine"</i>	C	Always be sure that you have consent. If a person wants to be intimate with you, they'll show it through their words and body language.
A	4	<i>"Oh come on – you were fine when it was just touching. Why don't you want to do more?"</i>	D	Even if two people have had sex before, consent is still required each time.
B	5	<i>"Of course we can stop. Shall we just cuddle and watch the rest of the film?"</i>	E	Giving oral sex to someone without their permission is illegal. In law, if a male forces someone to perform oral sex on him, that is rape.
H	6	<i>"I like her but I'm going to wait – just not sure it's the right time and I don't really know her well enough to talk about contraception and stuff"</i>	F	Sex with anyone under 16 is unlawful, including oral sex. This is true whether or not consent is given.
D	7	<i>"We've done it before so I can't see the point in asking – it must be ok"</i>	G	There are many ways for someone to show that they don't consent to sexual activity: they don't just have to say 'no'.
E	8	<i>"It wasn't rape 'cos it was only oral. It's different, isn't it?"</i>	H	When it comes to sex or physical closeness, both people should feel safe with a partner, trust them and have mutual respect for decisions.

From the Home Office's [Disrespect NoBody teaching resources on preventing teenage relationship abuse](#) made with the PSHE Association

SESSION 5 PORN | 30 mins | Ages 14+

This lesson plan assumes that your child has seen porn (50% of children aged 11 to 13 have) and avoids an awkward conversation about it. If you think that is unlikely, you might want to postpone or amend this lesson...

1 Watch the 22-minute episode 4 of Mimi On A Mission ([Nudes And Porn](#)) on BBC iPlayer – or to break the ice, this [4-minute clip](#). Then ask your child to draw an X along these lines...

Do young people think about how porn affects attitudes/behaviour?



Would it help young people to talk about porn in school?



2 Ask your child to imagine they are advising a younger sibling or cousin. Craft 2 sentences/paragraphs finishing these statements...

1 PORN IS NOT
(usually) realistic because...

2 PORN IS NOT good sex
education because...

With your child, compare their answers with those on page 11

3 Cut out and mix up the 3 types of porn listed on page 11. Challenge your child to match titles with definitions in 60 seconds

4 Finish by checking if there's anything your child would like to ask. Then leave them alone to watch the great 12-minute film [Screwball](#)

SESSION 5 PORN | 30 mins | Ages 14+

Some points to make and to discuss with your child...

- **Porn is not (usually) realistic** It's made for profit and the "male gaze". Actors have idealised body parts and "stylised" behaviour. You don't see preparation or awkward moments. You rarely see consent, respect, safer sex, people of diverse races & sizes represented fairly
- **Porn is not good sex ed** Many young people watch porn before they've been intimate with someone or had sex – that's like learning to drive by watching Formula 1 on TV. So balance it: A) pay attention to your own fantasies and B) see how porn can condition your desires and your feelings, behaviour & expectations about yourself & others

Do check out the excellent [resources on porn](#) from [Thinkuknow](#)

Ethical porn

Sexual media whose production may involve fair wages, safe working conditions, sexual diversity. Does not usually feature trafficking or non-consensual experience

Mainstream porn

Sexual media available to view for free without age checks or diligence on ethics and safety. Predominantly violent and something men "do to" women, with female pleasure as performative for the male gaze

Erotica

Often defined as "softer" and less "crude" sexual content that builds up arousal via storytelling and usually being artistic. Can be just writing, just audio or with images

SESSION 6 **SEXTING** | 30 mins | Ages 13+

This lesson plan assumes that your child has had some exposure to the idea of sexting (or as kids say, sending nudes). If you think that is unlikely, you might want to postpone or amend this lesson

1 To prepare, read these posts from [MediaGirls](#) and [Girls Leadership](#)

Start by reassuring your child that this lesson doesn't require them to get personal or talk about specific real-life examples. It also steers clear of the [legal consequences](#) of sending nudes which are often covered in school

2 Talk to your child about “trusting your gut instincts”. Share one scenario each in which you wish you'd trusted your gut *or* were glad you did. Together sort the reactions on page 13 into “gut” and “logic”. *There are 2 activities left in this session: one for if your gut says “no” and one for if it says “yes”. The “yes” activity is optional!*

3 Download Childline's Zipit app and have a 5-minute competition to find your favourite GIF (the app has a selection to help teens refuse a nude request). When comparing notes, discuss whether “favourite” means

- ... clearest or most assertive
- ... least awkward (for the sender)
- ... easiest to hear (for the receiver)

Ask your child's opinion with genuine curiosity: what goes through a young person's head when they decide whether or not to hit “send”?

4 Ask whether your child has heard of “safe sexting” – guidelines to bear in mind if your gut says “yes” to sending a nude. Give them the hint words on page 13 one by one and ask them to write a safe sexting tip based on each...

SESSION 6 **SEXING** | 30 mins | Ages 13+

Gut or logic?

- | | |
|--|--|
| 1 It's against the law | 6 What about revenge porn? |
| 2 A hacker could leak my photo | 7 I have a bad feeling about this... |
| 3 I want to – it's sexy & fun | 8 I'm not sure I trust this person to keep me safe |
| 4 There are butterflies in my stomach | 9 Whatever – seize the day! |
| 5 My parents would be so ashamed if they found out | 10 The whole school could find out – I'd hate that |

**For more
help and
information
go to...**



Hint word

Safe sexting tip

App

There are apps out there to make sending nudes safe-**er** – like Confide, which will not only destroy the image but will blur it if a screenshot is attempted. Bear in mind that there are always ways around technology for those in the know

Face

If you don't include your face or any identifying features (birthmarks, tattoos, piercings and even home furnishings) in the image, you can't be identified if it is ever made public

Information

Sharing your name, location, school or any other personal data along with the photo makes sending nudes considerably riskier if the image falls into the wrong hands

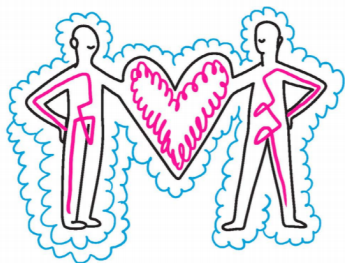
Consent

It's easy to assume that someone will find it funny, sexy or romantic to receive a nude – however artful or tasteful – but we need to be crystal clear that they're OK with it

Security

If access to your phone is [authenticated](#) and password secure, your risk of being hacked and [mined for nudes](#) is minimised

TOP TIPS FOR OPEN CONVERSATIONS AT HOME



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

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



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?"

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"



Signpost your child to the right resources. OutspokenEducation.com recommends great books, videos, news stories, websites & more...

OUR PICK OF THE BEST resources for parents & older kids

SEX ED RESCUE



Sex ed 101 | SEX ED RESCUE

We're fans of this comprehensive and approachable site. Try Back To Basics – their free 5-day online course for parents on how to talk openly at home



Sex & relationships videos | HANNAH WITTON

Point your teenager towards these fun, candid weekly videos by the popular YouTuber who also wrote and created the Hormone Diaries and Doing It books/series



Instagram | IT HAPPENS

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



BBC series | MIMI ON A MISSION: SEX ED

What did YouTuber Mimi Missfit and 7 British teenagers discover about sex, love & relationships on a fact-finding trip to Holland? Tune into the 5 great episodes on iPlayer



Sex ed for the real world | SCARLETEEN

Inclusive information and advice on relationships, sexual health, pleasure, consent, identity & more for “emerging adults” that parents can learn something from too...

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

www.outspokeneducation.com
info@outspokeneducation.com