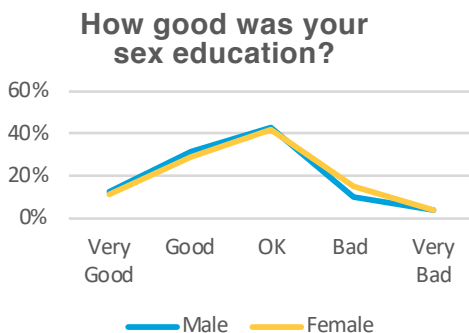


SESSION 1 About sex ed | 40 mins | Ages 11 to 16+

1 Watch the trailer for the Channel 4 show Let's Talk About Sex – <https://bit.ly/2y7HC2V> – 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 the next page and have your child choose eight 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

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 three 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 the next page and arrange into the three headings:

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

Mix the cards again and arrange into the two headings:

- Physical changes
- Emotional changes

Agree on which cards created most discussion between you

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

SESSION 2 Puberty | 25 mins | Ages 11 to 13

Body shape changes	Moods changes 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	Feeling 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 changes 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	Feeling 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

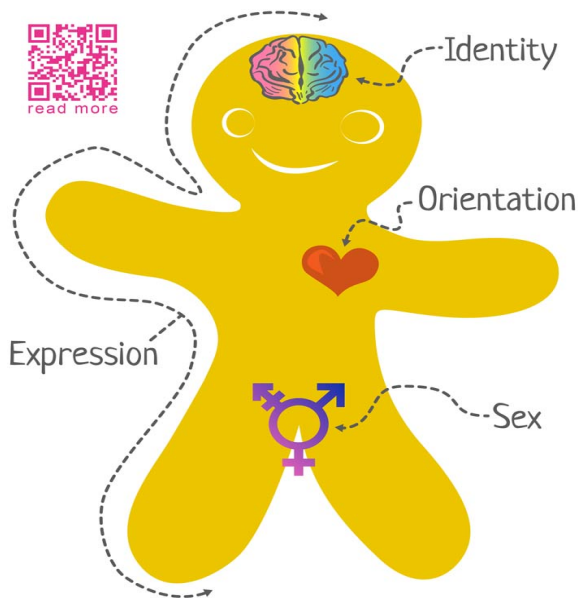
SESSION 3 LGBT+ | 25 mins | Ages 11 to 14+

1 Discuss the acronym LGBT+ to check whether you both have the same understanding before watching this helpful guide from It Gets Better...

<https://youtu.be/DE7bKmOXY3w>

**IT GETS
BETTER
PROJECT**

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



Use the diagram on the next page 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 three 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



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



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



Biological Sex



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



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

SESSION 4 CONSENT | 50 mins | Ages 14+

1 With your child listen to Jameela Jamil talk about consent here: <https://bit.ly/3bsiq5B>. Ask: "What's your reaction to the clip? Do you agree with her?" Ask them to explain the following 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 And the Furious"

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

2 Cut out the PSHE Association resources on the following page. Match each quotation with the key message about sex or intimate sexual behaviour that relates to it. Use with the session guide here: <https://bit.ly/3asAxIM>

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 – <https://bit.ly/33MZZ9f>. Choose your favourite but remember: "Only yes truly means yes"

4 Take a look at this Consent Castles comic: <https://bit.ly/2UIMymq>. Try to write 5-10 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.

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing>

SESSION 5 **PORN** | 30 mins | Ages 14+

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

- 1 Watch Mimi On A Mission episode 4 on BBC iPlayer – or if you haven't got time, this clip – to break the ice: <https://bit.ly/2Uotds4>
Get 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 the next page

- 3 Cut out and mix up the three types of “porn” on the next page. Challenge your child to match titles with definitions in 60 seconds

- 4 Finish by checking whether there's anything your child would like to ask. Then leave them alone to watch Screwball: <https://bit.ly/3aqGkya>

SESSION 5 PORN | 30 mins | Ages 14+

- **Porn is not (usually) realistic** It's made for profit and entertainment. You don't see the preparation, awkward moments or outtakes. Actors have "idealised" body parts and "stylised" behaviour. You don't often see consent or people of diverse races and sizes represented fairly
- **Porn is not good sex education** Many young people watch porn before they've had sex – which is like learning to drive by watching Formula 1 on TV. It's not necessarily bad – but it should be balanced with A) paying attention to your own fantasies and B) seeing how it can condition your desires & your feelings about yourself and others

Ethical porn

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

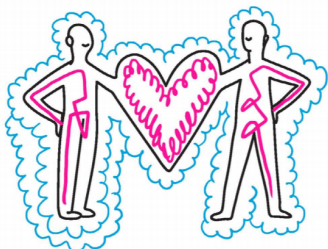
Mainstream porn

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

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, 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 their handy forthcoming book Brilliant Questions About Growing Up – has some wise answers



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
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