

## **Resources to support conversations at home:**

Suggested reading list for 8–11-year-olds, covering reproduction/ puberty/ relationships/ gender

- Girls Only by V Parker
- How your Body Works by Judy Hindley
- Let's Talk About Sex by R H Harris
- Living with a Willy by N Fisher
- Sex is a Funny Word by C Silverberg and F Smyth
- The Period Book by K Gravelle
- The Puberty Book by W Darvill
- What's Happening to Me? by P Mayle
- Alien Nation by The Proud Trust

Useful books for parents

- Questions Children Ask and How to Answer Them by Dr M Stoppard
- Speakeasy: Talking with your Children about Growing Up by fpa (Family Planning Association)

Useful websites

<https://www.outspokeneducation.com/>

<https://www.nspcc.org.uk/>

<https://amaze.org/>