

## Support for parents/carers on relationship and sexual wellbeing: Information sheet

### Talking with your child/teenager about relationships and sexual wellbeing

**Target audience:**  
Parents and carers

#### **Background:**

The *Talking with your child/teenager about relationships and sexual wellbeing* booklets sit within the Sexual Health and Relationship Education (SHARE) family and aim to inform parents and carers of commonly asked questions by children and teenagers, to help them discuss relationships and in particular answer those awkward questions that are sometimes easier to avoid.

#### **What's new?**

The booklets were last published in 2007 so they have been refreshed with the latest evidence, changes in law (Sexual Offences Act 2010), changes in technology and links with Curriculum for Excellence. NHS Health Scotland developed the booklets in partnership with professionals and parents/carers from around Scotland to ensure they reflected the target audience and practice. They have also been through equality screening to ensure the booklets are fit for purpose.

#### **Policy/curriculum links:**

- Curriculum for Excellence (Health and Wellbeing experiences and outcomes)
- Sexual Health and Blood Borne Virus Framework
- National Parenting Strategy
- Getting it right for every child

It is clear both from research and from the responses in *Bringing up children – your views* as part of the National Parenting Strategy that parents and carers wanted to discuss relationships and sexual health with their children but lacked the skills and resources to do this properly. The Scottish Sexual Health and Blood Borne Virus Framework also recommends that local authorities, in partnership with NHS Boards, must play a key role in supporting and facilitating parents and carers to discuss relationships and sexual health with children and young people.

#### **Where can I find them?**

The booklets are available to download from our website ([www.healthscotland.com/wishh](http://www.healthscotland.com/wishh)) or you can order printed copies by email: [nhs.healthscotland-publications@nhs.net](mailto:nhs.healthscotland-publications@nhs.net)

To find out more contact: [ruth.johnston1@nhs.net](mailto:ruth.johnston1@nhs.net) or call 0131 314 5346

