

The **SPHE Department** invite parents to engage in the latest initiative from the HSE - **“Making the Big Talk Many Small Talks”**

HSE Health and Wellbeing, launched a new resource to add to their educational range for parents titled ‘Making the Big Talk Many Small Talks’ - 13-18 years old.

The range aims to support ongoing conversations between parents and children about relationships, sexuality and growing-up.

It was developed in response to studies showing that both parents and children want to communicate with each other about relationships and sexuality topics, but they often face challenges in doing so.

This publication supports parents of 13 to 18 year olds to have conversations about relationships and sexuality with their children. It includes content on: physical, emotional, social and sexuality development; healthy and unhealthy relationships and the importance of boundaries and consent; and relationships and sexual activity in the online and offline world. There is also a booklet available to support parents of 4-7 year olds and parents of 8-12 year olds. (these can be found online <https://www.sexualwellbeing.ie/for-parents/resources/> ) Making the ‘Big Talk’ many small talks’, Video collection. The collection contains nine animated videos, addressing some of the questions parents of younger children have with regard to talking about relationships and sexuality. Many of the issues covered are common to parents with children from birth to about 5 or 6 years old but some of the messages are also applicable to parents of older children.

The topics include: responding to a child’s natural curiosity about the body, explaining how babies are made, and answering their questions about even some of the more mature topics which they may hear about in the media. See below for the list of current titles.

Research Summary: The importance of parental communication in supporting children’s and young people’s relationship and sexuality development. This Summary is designed to support those in parental roles initiate meaningful, useful and age and stage-appropriate conversations with children and young people on relationships and sexuality.

It provides an overview of the evidence on the importance of parent-child communication on relationships and sexuality and outlines the health benefits to young people of good-quality, early and frequent communication with parents. Finally, it describes some of the barriers to parent-child communication on this topic, and outlines ways to overcome these.

The SPHE department will commence the Relationship Sexuality Education section of the curriculum in SPHE between February midterm and Easter, this may be a helpful resource to become familiar with before that time and it can continue to support you throughout your child's adolescence.