

Relationships, Sex Education and LGBTQ:

Relationships are important to young people. If you are in any way concerned about your relationships with anyone or if you are a parent/carer worried about your child's relationships you can speak to a member of the Safeguarding or Year team.

For additional guidance on and useful information about Relationships please click the links below:

- Relate offer advice on parenting teenagers: <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers>
- Relate also offer support for young people on relationships: <https://www.relate.org.uk/relationship-help/help-children-and-young-people>
- Childmind offer advice on teenage relationships: <https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/>
- The Mix offer support on a range of subjects include relationships: <https://www.themix.org.uk>
- Support understanding relationships for teenagers: <https://www.thechange-project.org/supporting-young-people/>
- Childline offer advice on relationships: <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships/>
- Family Lives offer support for teenagers: <https://www.familylives.org.uk/advice/teenagers/sex/healthy-relationships/>

- **Teen Boundaries is an app** is for young people who are exploring advice and information on issues such as sexting, relationships, sex, porn and consent. The app is suitable for those aged 13-18 and can help them explore these issues in-depth.
- **Worth Talking About** is a website from the NHS providing information, advice and guidance for young people aged 12-18 on sexuality and sexual health. Issues dealt with include contraception, pregnancy, family planning clinics, sexually transmitted diseases, peer pressure and relationships.
- **Rise Above** – New website from Public Health England for secondary aged young people where they can find inspiring and useful stories, videos, games and advice. It includes issues around drug and alcohol use, relationships and sex education, body image, emotional health and wellbeing.
- **Fflag (Families and Friends of Lesbians and Gays)** is a registered charity which offers helplines and regular meetings for parents and their gay, lesbian or bisexual sons and daughters. It provides a network of local parents' self-help groups and telephone contacts for advice, information and a listening service. It also assists people who wish to tell their parents they are lesbian or gay.
Helpline: 0845 652 0311

Mermaids is a support group for gender variant children and teenagers, and their families. Their goal is to relieve the mental and emotional stress of all persons aged 19 years and under who are in any manner affected by gender identity issues, and their families and to advance public education in the same.

- **Gendered Intelligence** provide and signpost to a range of resources and organisations that support trans young people. They also aim to engage the wider community in understanding the diversity and complexity of gender.
- The **Kidshealth** website provides information about health, behaviour, and development from before birth through the teen years. It has separate sections for parents, children and teenagers.
- **Brook** is a registered charity giving professional, confidential free advice to young people up to the age of 25 on contraception, STI, sex and relationships.
Telephone Helpline: 0808 802 1234.
- The **Safer Schools Network** has been created by the ATL drawing upon the expertise of leading organisations, practitioners and academics to signpost education professionals, young people and parents to resources, debate and support linked to safeguarding issues.
- **Parent Info** is a regularly updated and free feed of information, advice and sources of support that schools can deliver to parents and carers – a pipeline of information they can integrate seamlessly into their own websites and use in other formats. The service aims to deliver information on a whole range of parenting themes, the emphasis being on helping parents and carers develop their children's resilience to the risks and pressures they face in today's world. The articles and videos cover difficult topics about sex, relationships and the internet, body image and peer pressure, as well as broad parenting topics like 'how much sleep do teenagers need?'.