



Oakridge School

'Working together to Succeed'

We use the Coram
Life Education
SCARF scheme



Relationships and Health Education (RHE)

A guide for Parents and Carers

Talking openly at home helps children feel safe, happy, healthy and informed.

Small
conversations
make a big
difference

Open
talks
brighter
tomorrows

How can I talk to my child about
relationships, puberty and
human reproduction?

Children
thrive when
they are heard

Why these conversations matter



We all want
our children to feel
safe, happy and
healthy.



Children need
information that
matches their age
and stage.



Talking openly
helps normalise
these topics and
reduce taboos.



Honest conversations
help children make
safe, healthy
choices.

Kind
conversations
build confident
children

Top tips for talking to your child

Listen ♥ Talk ♥ Support ♥ Grow

1 Be honest



If you do not know
the answer, say so
and come back
to it.

2 Give them time



Children are curious
and often need simple,
matter-of-fact answers.
Ask, "What do you think
that means?" or
"Why do you ask?"

3 Keep talking



Keep communication
open and find another
time if now is not
convenient.

4 Use the correct terminology



Use accurate names
for body parts; this
avoids confusion and
supports safeguarding.

5 Respond to their needs



Children's lives are
changing; they need
age-appropriate
learning about
relationships and
emotions.

6 Answer questions



It is fine to say,
"I'm not sure – let's
work it out together"
or "That's a good
question – let's talk
about it when we get home."

7 Always respond



If we avoid the
conversation,
children may think
it is wrong to ask.

8 Use everyday opportunities



Books, films and
television programmes
can help start
conversations.

9 Listen, don't judge



Ask what they think
and listen carefully.

10 Enjoy it



A calm, positive
approach helps.

11 Work in partnership with school



Oakridge School
is here to support
families.



A helpful reminder

Children usually need short, simple answers,
reassurance and the chance to ask more
questions later.

Curious minds
Brighter futures

Safe

Happy

Confident

Ready for life

Working together, home and school can help every child feel safe, valued and prepared for the future.

If you would like support or advice, please speak to your child's class teacher or contact Oakridge School.