

Sexual Health

Young people often need practical help and reassurances about the emotional and physical aspects of growing up. Parents have a key part to play in setting boundaries but often parents can feel nervous or uncertain about the idea of educating children about sexual health and relationships. Research shows us, however, that young people who are better informed about their sexuality are more likely to make responsible decisions regarding it and delay sexual activity for longer than those who lack knowledge. All girls will have specific sessions on sexual health and relationships in College covering attitudes and values, personal and social skills and knowledge introduced by professionals but we would encourage parents to develop open and honest patterns of communication about bodily changes that take place around puberty and encourage them to talk and ask questions. Parents are a great influence on the way their children feel about themselves, their sexuality and the values and attitudes they take with them into future relationships.

Useful numbers:

Sexual Health and Relationship Education (SHARE) 733078

Health Promotion Unit 707311

Contraceptive Services 714954 or 07781 103434

Family Planning Association (UK) www.fpa.org.uk