



# Making the 'Big Talk' many small talks



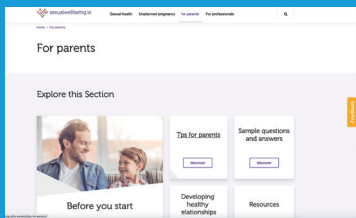
## HSE resources to support parent/child communication about relationships and sexuality

Lay the foundation of good communication with your children by talking to them regularly and from a young age about relationships and sexuality. This will help your children as they navigate the ups and downs of childhood, adolescence and young adulthood.

### For parents of all age groups:

#### www.sexualwellbeing.ie

HSE national sexual health website, with a special section for parents.



#### Making the 'Big Talk' many small talks: Healthy Ireland Library Collection

A guide to the range of relationships and sexuality education resources available in all public libraries across Ireland.



### For parents of young children:

#### Making the 'Big Talk' many small talks: 4-7 years

– a parent's guide to relationships and sexuality issues in early childhood. Accompanying storybook which explains basic reproduction to young children.



#### Making the 'Big Talk' many small talks: Video Collection

– a range of animated videos answering parent's queries about, 'the why and the how', of talking to young children about relationships and sexuality.



### For parents of children approaching puberty & adolescence:

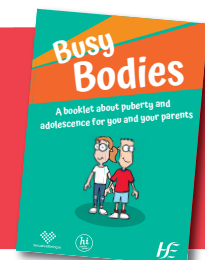
#### Making the 'Big Talk' many small talks: 8-12 years

– a parent's guide to relationships and sexuality issues during puberty and adolescence.



#### Busy Bodies (updated 2020)

– a booklet about puberty and adolescence for parents to use with their children.



### For parents of adolescents & young adults:

#### Making the 'Big Talk' many small talks: 13-18 years

– a parent's guide to relationships and sexuality issues during the adolescent and young adult years.



Booklets are available in both English and Irish and can be ordered here.

