

Appendix E

Parent and Carer Toolkit Sexual Health and Relationships

www.talk2glasgow.com

TALK2 Project provides a range of resources and supports for Glasgow City parents and carers to help them talk to their children about growing up, puberty, relationships and sexual health etc. *Although the project is specific to Glasgow City, the website provides very useful information for all parents/carers.*

www.sandyford.org

This comprehensive website has a section for parents/carers that provides information on how to talk to your children in an age appropriate way.

www.parentzonescotland.gov.uk

Developing partnerships between parents and carers and schools has section on what the curriculum covers.

www.parentingacrossscotland.org

Funded by the Scottish Government to provide a focus for issues affecting parents and carers in Scotland today. They are a partnership of voluntary organisations and use their experience of working with thousands of parents and carers to find ways of supporting parents and carers.
Helpline: Ok to Ask 0808 800 2222

www.parentplus.org.uk

Parentline Plus are a charity offering parent-to-parent support using specifically trained staff to provide help and support on topics such as bullying, tantrums, teenagers. It has a good section on sexual health and relationships with questions other parents and carers have asked about and handy hints for talking to your children.

www.raisingkids.co.uk

This site offers support, information, professional advice and online chat about everything to do with raising children.

www.fathersdirect.com

Fathers Direct is a national information centre on fatherhood. The site contains news, training information, policy updates, research summaries and guides. It has sections for African - Caribbean and Muslim Fathers.

www.parentsenquiryscotland.org

Parents and carers Enquiry is a support organisation run by parents and carers for parents and carers whose children are lesbian, gay, bisexual or transgender.