



RSE Resources for Early Years and Primary Age Range

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This is not an exhaustive list of resources. There are many more out there, but these are some of the favourites I have used for years with professionals, and my own three children. Please note that they may not work for every family, and every school, so it is important to review them in advance to assess their suitability for your circumstances. Many overviews and walkthroughs available on YouTube.

NSPCC Resources

Pants campaign and Pantosaurus

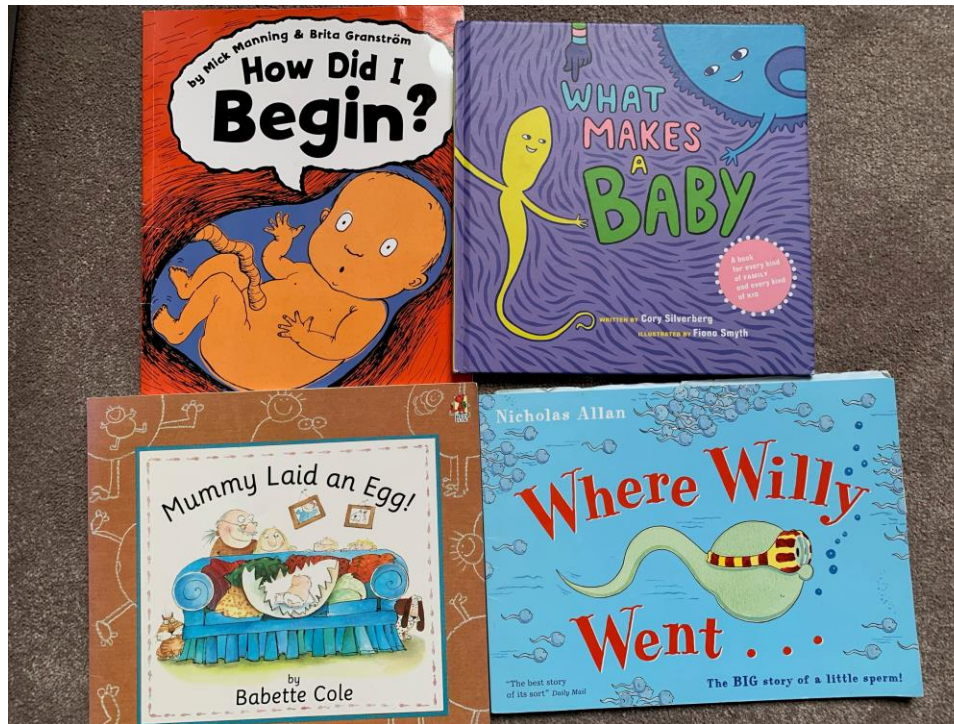


Very catchy earworm of a song available on youtube about Pantosaurus and the pants rule.

Useful Website for under 13's their parents/carers and educators



<https://amaze.org/> American website for under 13's, their parents and educators on all aspects of relationships and sex education. Lots of really useful videos. Also has an Amaze Junior section for 4-9year olds. Translated into lots of different languages.



Books about how babies are made



Books about puberty



Inclusive books (LGBT+)

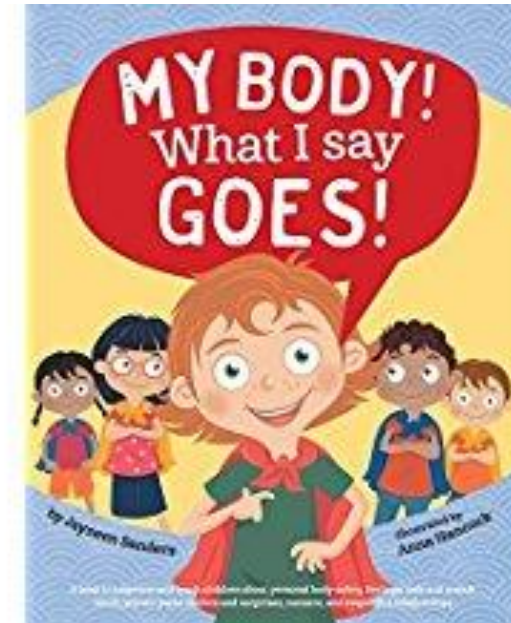
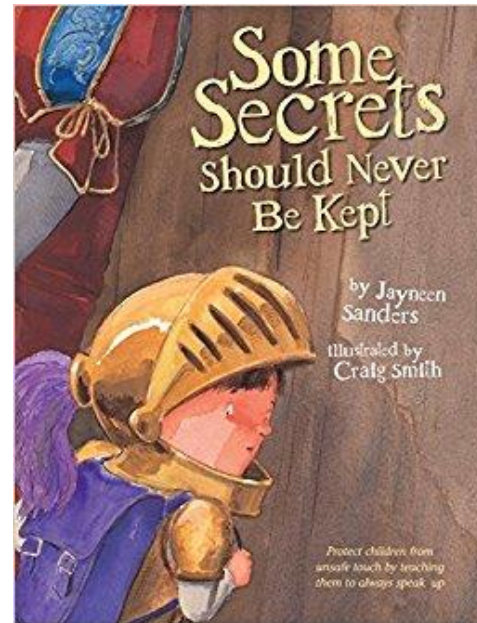
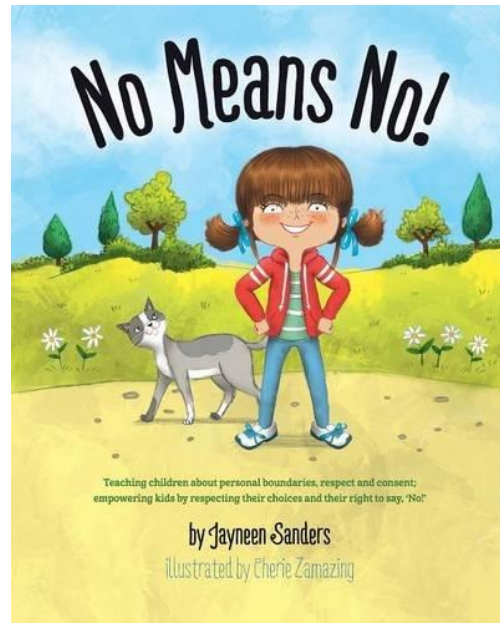


Books about bodily autonomy and consent

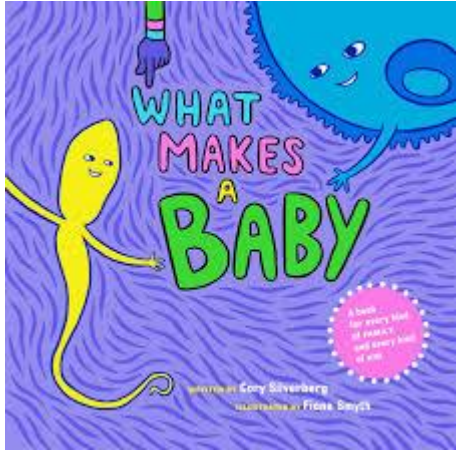


Books about bodies

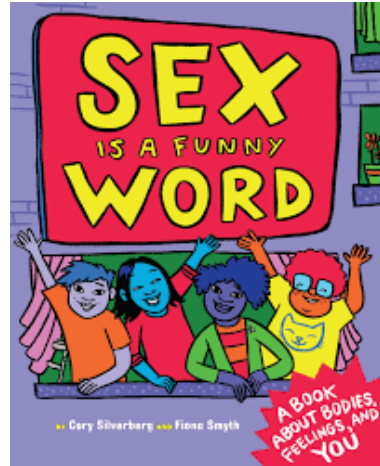
Books on Body Safety Education



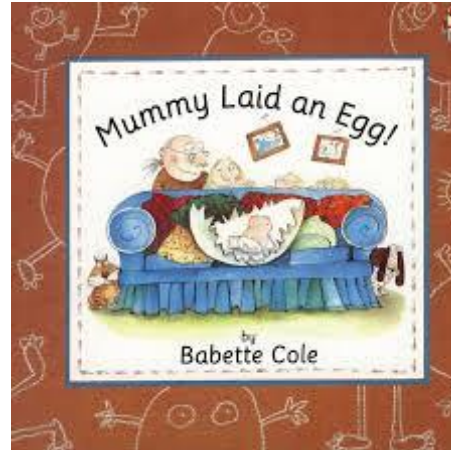
The most interesting/appealing to kids.



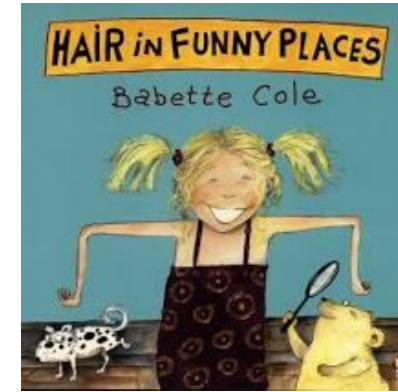
For 5+ inclusive to IVF families, same sex parents, trans parents as talks about sperm, egg and uterus. No mention of sex
Beautifully illustrated.



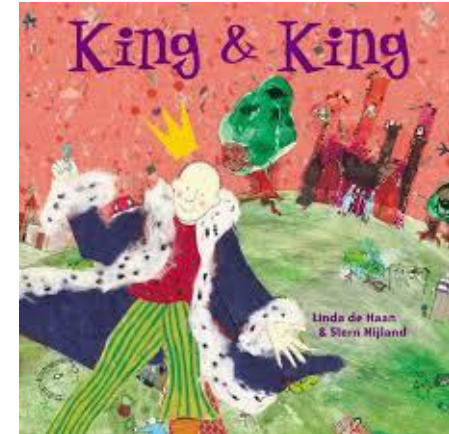
For 8+ Talks in much more detail about sex. Some parents can find the language tricky, but creates great conversations.
Beautifully illustrated.



Wonderful funny book with great illustrations. Silly page with diagrams of how grown ups fit together (on a space hopper).



Wonderful funny book with great illustrations. Explains growing and changing bodies, wet dreams, pubic hair and heterosexual attraction.



Story about a queen demanding her son the prince find a princess and he can't settle for one til he falls in love with a prince and they live happily ever after.

A favourite book for starting a conversation about consent.
(Kids tend to rate this one above the body safety ones)



Top tips.

- Buy a range of books as not every book will work for every child.
- Some books might be better left in a bedroom for the child to read and learn about on their own (particularly puberty ones).
- Some books better to read with the parent and the value really comes from supplementing the book with conversations their own family situation and the family experience of pregnancy, birth and development.
- Further support for parents is available here:
<https://www.alicehoyle.co.uk/for-parents.html>
- Contact Alice Hoyle alice.t.hoyle@gmail.com or find me on twitter @AliceHoylePSHE if you need any further help and support with books and other resources for children and young people around relationships and sex education.