

Websites related to issues discussed on the FPA Speakeasy course



The [FPA Speakeasy course](#) is a relaxed and fun way to learn how to talk to your children about growing up.

Our Speakeasy team has put together this list of useful websites.

Websites for general use

www.fpa.org.uk

Information about contraception, sex and relationships, abortion, sexual health, sexually transmitted infections and the work done by FPA.

www.avert.org

Information about contraception, sex and relationships, abortion, sexual health and sexually transmitted infections.

www.bbc.co.uk

Useful information on puberty and child protection.

www.education.gov.uk

Information about the Department for Education, sex and relationships education at school, including a downloadable leaflet for parents about SRE.

www.fflag.org.uk

Offers help for parents and families to understand, accept and support their lesbian, gay and bisexual family members.

www.kidscape.org.uk

Information about child safety and protection from abuse.

www.nspcc.org.uk

Information, statistics, help and advice in relation to the prevention of cruelty to children.

www.familylives.org.uk

Formerly Parentline Plus. A charity for families which offers practical help and information on a number of different issues, including sex and relationships.

http://www.nspcc.org.uk/Inform/research/questions/worried_about_sexual_behaviour_wda68877.html

NSPCC factsheet for parents worried about a child's sexual behaviour. It includes bullet points about what might be considered 'normal' sexual behaviour for children/young people of different ages.

www.gotateenager.org.uk

A social networking and advice site giving parents of teenagers a space to support each other through the challenges and successes of bringing up teens.

Websites aimed at young people

www.brook.org.uk

Sex and relationships information for young people up to the age of 25.

www.childline.org.uk

Offers information and advice for children and adults about child abuse and child safety.

www.likeitis.org.uk

A guide for teenagers on topics such as contraception, pregnancy and 'love bugs'.

www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx

NHS Choices website offering information for teenagers and parents about contraception, sexually transmitted infections, peer pressure, and talking together about sex.

www.nhs.uk/Livewell/sexandyoungpeople/Pages/sex-and-young-people-hub.aspx

Information for teenagers about sex and relationships, STIs, sexual health questions and answers and a sexual health services finder.

www.abpischools.org.uk

Information about hormones and their effects; includes a very good animated menstrual cycle.

www.thehormonefactory.com

Aimed at 10–12 year olds and contains information about sex, keeping safe, pregnancy and puberty. Also has a section for parents to help them support their children.

www.tht.org.uk

Website for the Terence Higgins Trust. Has some useful information and an anonymous question and answer service for young people.