

AGES 6 TO 10

"What is sex?"

"Why do other people look different from me?"

"What is 'being gay'?"

Be as positive as possible about sex and relationships - the way the world works is exciting for children aged 6 to 10! Parenting for healthy relationships at this age is about modeling and encouraging that blossoming respect and concern for others.

THE FACTS

Between ages 6 and 10, your child will lose the simplistic perspective of a toddler. Their thinking becomes more logical and complex, taking in several aspects of a problem or situation at once.

But children this age usually still prefer concrete things that are 'real' rather than concepts and ideas, and still need clear and consistent rules.

This stage, sometimes described as 'middle childhood', is when crucial social attitudes are formed, and friendship and teamwork skills become important. It's especially important now to teach children about boundaries and personal safety, to stand them in good stead to withstand social and sexual pressures later on.

TALKING TO CHILDREN AGED 6 TO 10

Top tips

1 Promise yourself never to shy away from questions. If you want to be their first source of information, respond positively rather than shutting down their curiosity. If the timing isn't right, agree to come back to the subject another time or in a different way.

2 Strike a balance between honesty and what is age appropriate. It's really about stage, not age. Take the lead from your child: go into depth if they ask questions and go at a pace that suits them. If they don't ask, you can bring up topics if you feel they are relevant.

There's more where this came from:
Visit OutspokenEducation.com

³ Don't be put off by negative response or body language. Even if children seem unreceptive and give no indication that they are listening, **they may be taking in what you are saying on some level.** Don't be afraid to repeat things over time.

⁴ The more everyday the conversation feels - the more **matter-of-fact and confident** you are - the more willing your children will be to talk. If there are words or topics that make you feel uncomfortable, practice phrases that work for you.

Top phrases

"It's OK to feel embarrassed. Keep talking and that might change!"

"This bit is important so I'm happy that you're interested"

"You look...ready!"

"What do you know already about that?"

MORE HELP WITH AGES 6 to 10

1. Spring Fever Curriculum | RUTGERS INSTITUTE

Holland's Rutgers Institute exports its world-renowned Spring Fever relationship and sex education curriculum all over the world. Now the resources are available in an online app - a great place for parents of primary school aged children to start.

[Go to the Spring Fever curriculum >](#)

2. Amaze Jr. | AMAZE

Amaze jr. brings parents age-appropriate sex ed resources about talking to kids ages 4-9: access bitesize cartoons on questions like "What if my kids don't ask?" and "how can I teach my values?".

[Go to Amaze Jr. >](#)

3. Family Agreement | CHILDNET

As your child begins to explore the online world independently, it's a great idea to use Childnet's Family Agreement resource together. Resources also include Being Smart with your Smartphone (ages 8-11)

[Go to Childnet resources >](#)