



NHS Greater Glasgow and Clyde wants to help parents and carers to be the best support they can be for their child as they grow.

To find out what information, help or support parents and carers need to help their child learn about **growing up, puberty, relationships** and **sexual health** a consultation has been set up.

Even though talking about these things can feel a bit daunting there are some important reasons why you are so important when it comes to learning about these topics:

1. As parents or carers you are your child's first and most important teacher.
2. Your children watch and learn from everything you do and say.
3. Children and young people are exposed to messages about relationships, growing up and sexual health all the time – on TV, in movies or magazines, online and from family and friends.
4. Young people have said that they want to learn about relationships, growing up and sexual health from parents and carers.
5. If parents or carers don't tell them someone else will.

Through May and June parents and carers from across the area can take part.

You can get involved in a group discussion or a one-to-one interview or do a survey online at **www.askparents.co.uk**

For more information contact Colin Morrison at TASC

by phone **0744 602 3457**

or email **colin@tascagency.co.uk**