



For more information about Speakeasy, to find out where courses are taking place or to arrange course delivery in your school or setting:

Email: parenting@towerhamlets.gov.uk

Telephone: **020 7364 6398**

Speakeasy is delivered by the Parent & Family Support Service, Children Schools & Families Directorate, LBTH.



Speakeasy

Supporting parents and carers to speak to their children about growing up, emotional and physical well being and relationships



The Speakeasy course provides an opportunity for parents/carers to gain the confidence and skills needed to talk to their children in an age appropriate way about growing up.

The Speakeasy course is fun and informal and provides a friendly environment where parents and carers can learn together, building on what they already know, as well as gaining new information and ideas for how to talk to their children.

The Speakeasy course is delivered over four weeks, in two hour sessions.

Sessions support parents and carers to develop confidence and skills from discussion and practical tasks that cover the following:

- The physical and emotional changes taking place at puberty
- The influence on children from TV, media and peers
- Knowledge of how Sex and Relationship Education (SRE) is taught in schools
- Information and knowledge about how to access local support services for families

What parents have said ...

"The Speakeasy course has taught me a lot, I feel more able to talk to my daughter and my son about growing up"

"I always left this to the school but now realise that it is also a parent's job to talk to their children about puberty and changes. This course has shown me how I can do it in a way that is acceptable to my family"

