

FREE Parent and Carer Workshops: Talking to your children and teens about their bodies, feelings and relationships

An opportunity to attend a relaxed and informative session for parents and carers of children with special educational needs and disabilities (SEND) of all ages with an additional focus on teenage years.

What's This Session About?

Talking about bodies, boundaries, feelings, and relationships with your SEND child or teen can feel overwhelming—but you're not alone.

Each session will be a safe space for parents and carers to be seen, valued and heard. You only need to attend **ONE** workshop:

In person: 26th February 2026 at Albemarle Centre, Taunton, TA1 1BA, **1pm—2:45pm**

Online (live only): 11th February 2026, **7pm-9pm** (please login by 6:55pm)

Duration: 1.5 hour workshop + 30 mins Q&A

Led by **Alice Hoyle**, national Relationships and Sex Expert and SEND mum, this 1.5-hour interactive workshop will offer practical advice, tips, and signposting to help you feel more confident starting (or continuing) important conversations at home.

Learning Outcomes:

- How Relationships and Sex education can look different for SEND children and teens —and why that's okay
- Tips for talking about bodies, friendships, puberty, and safety at home
- How to use everyday moments to build understanding and confidence
- Where to go for trusted resources, books, websites and next steps

Click here to book your place: [Talking to your children and Teens about their bodies, feelings and Relationships – Fill in form](#)

For further enquiries please email: admin@somersetparentcarerforum.org.uk

