

Sexuality Education - Recommendations



Be an askable parent - no question is too weird or unanswerable.
"I'm glad you asked me that!"

Make sexuality one of the things talked about in your family.
Many children assume it is not OK to raise this topic.

Talk informatively, openly, and often about sexual topics.
Children do not learn about such a complex area of knowledge and emotions all in one sitting.

Explain your feelings, values, and beliefs relating to sexuality without lecturing.
We have a lot to compete with in the media and peer culture.

Avoid using reproduction in animals to illustrate reproduction in humans.
Children don't understand, and it's not a good example.

Use scientific terminology for body parts and basic processes, but use explanations adapted to the child's level of understanding.
Use terms such as penis, vulva, scrotum, vagina, urethra, labia, clitoris, testicles, womb, uterus, intercourse, erection, ejaculation, menstruation, period, semen, ovum, etc.

Bring up sexual topics in an informative way, whether your child is asking questions or not, by the age of five.

Use teachable moments, such as bath time, seeing a pregnant woman, or incidents viewed on TV.

Explain and expand until you sense your child is bored or uncomfortable, just as you would any other interesting topic.

Respect your child's comfort level (and your own). If necessary, go slowly, informing reluctant children little by little, on a regular basis.

Always be honest, but we don't have to "tell all" about our own private sex lives. We can say "Some people do...and others..." to answer such questions.

Boys need to know about girls as well as boys, and vice versa.

Discuss with your spouse or other co-parenting adults what you both want to say and teach your children about sexuality; then help each other practice explanations.

If you must postpone answering a question, set a date and time for talking about it and keep that date!

Check helpful books out from the library. Buy a book or two to have on hand when questions arise.