



## Getting involved in your child's sex education: you can do it!

### WHY SHOULD YOU GET INVOLVED IN YOUR CHILD'S SEX EDUCATION?

Here are five good reasons:

- To establish a relationship of trust between you.
- To make sure they know they can talk to you openly about sex.
- To make it easier to talk about sexuality when they are teenagers.
- Because your words and actions can have an influence
- To decrease the sometimes negative influence of friends, the media or the Internet.

**You don't have to be a "sex expert" to talk about sex with your children!**

**It's never too early or too late to start talking to your children about sex!**

As a parent, you are the primary person involved in the sex education of your child. Childhood (6-11 years) is an ideal time to start establishing communication about sex.

Adolescence also is an important time to discuss sex with children, as they are about to go through many experiences.

### GETTING INVOLVED IN YOUR CHILD'S SEX EDUCATION MEANS:

- Giving them age-appropriate information.
- Answering their questions.
- Communicating your values through your actions and attitude (e.g., showing affection for your partner, avoiding sexist comments).
- Setting daily rules (e.g., limiting TV time, making sure that the computer is in the family room).
- Giving your opinion, expressing your disagreement with or concern about certain situations.
- Helping them think about any experiences they've had or have heard about.
- And more!



## HOW YOU CAN GET INVOLVED

- Talk with your child on a regular basis. Listen and share your opinion. A relationship of openness and mutual respect will make it easier for you to bring up sensitive topics.
- Talk to children about what you experienced during adolescence:
  - the questions you asked at their age
  - what made you uncomfortable
  - people you could talk to about sex and who answered your questions
- Encourage your child to ask questions. Say that you are available to answer questions and help find information (from books, on the Internet).
- Take every opportunity you have to start a discussion with your children about love, friendship and sexuality: TV shows, movies, situations at school, etc. Ask them what they think, what they know about the topic, what they would do in this situation, or if they know someone who has gone through the same thing.
- Leave out books on sex and sexuality (on the table, in the family room, on the bookshelf).



### Young people want their parents to...

- give them information about sex
- take the initiative to bring up the topic
- be open to their questions
- understand them, listen to them, reassure them and advise them
- accept their feelings and opinions, even if these are different from what their parents think

## USEFUL REFERENCES

### Books for young people

HARRIS, Robie H. *Let's Talk About Sex*, Walker Books, 2010, 96 pages.

ROBERT, Jocelyne. *Full sexuel – La vie amoureuse des adolescents*, Éditions de l'Homme, 2002.

### Book for parents

ROBERT, Jocelyne. *Parlez-leur d'amour et de sexualité.*, Éditions de l'Homme, 1999.

### Web site

[www.sexualityandu.ca](http://www.sexualityandu.ca)



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