



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.
- To decrease the sometimes negative influence of friends, the media or the Internet.
- And above all, because your words and actions can have an influence on their sexuality.

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 establish communication about sex.

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

- Discuss the topic with your children. Listen to them and share your opinion. A relationship of openness and mutual respect will make it easier for you to bring up sensitive topics.
- Talk to your child about what you experienced as a pre-teen:
 - the things you wondered about
 - what made you uncomfortable
 - people you could talk to about sex and who answered your questions
- Encourage your child to ask you 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).

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

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 Ltd., 2010.

ROBERT, Jocelyne. *Ma sexualité de 6 à 9 ans.*, Éditions de l'Homme, 2003.

ROBERT, Jocelyne. *Ma sexualité de 9 à 11 ans.*, Éditions de l'Homme, 2003.

Book for parents

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

Web site

www.sexualityandu.ca

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Page layout: Alphatek

This tool was produced thanks to funding from the Secrétariat à la jeunesse as part of the Stratégie d'action jeunesse 2009-2014.