

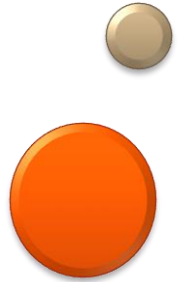
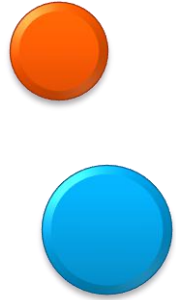
WE DO
WHAT?!



Parenting with Passion

Sex Education is Life Education:

Helping your Children Lead
Happy and Healthy Sexual Lives



Stacey Jacobs MSc

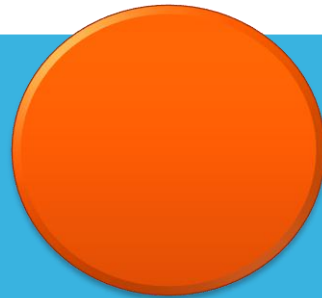
Community Sexual Health Education Manager

SHORE Centre

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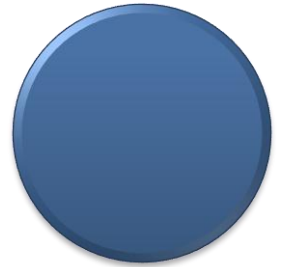
**No one knows your
child better than you.**



AGENDA

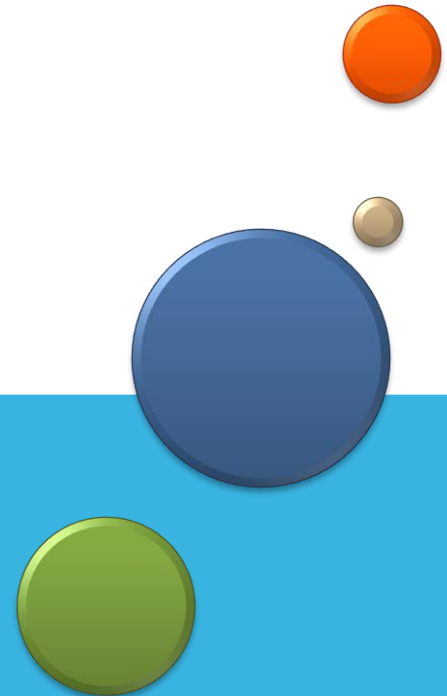
1. Community Resources
2. Myths and Misconceptions
3. Values
4. Tips for Parents
5. Puberty
6. Media

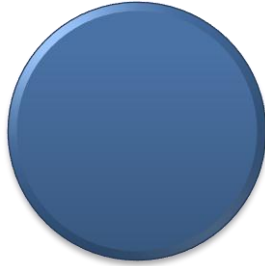
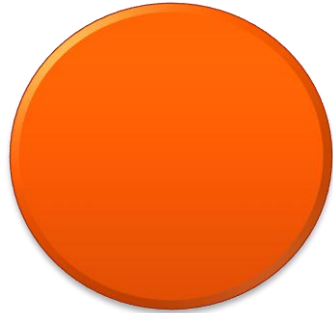
Questions?



SEX EDUCATION IS NOT JUST ABOUT SEX

- Relationships and communication
- Emotions and feelings
- Touch, affection and privacy
- Body awareness and attitudes
- Decision making
- Health and well-being
- Beliefs and values
- Roles and behaviours





Myths and Misconceptions



“I don’t want to encourage sex”

- **Won’t talking about sex lead to early sexual activity?**
- **Won’t giving them condoms lead to sexual activity?**

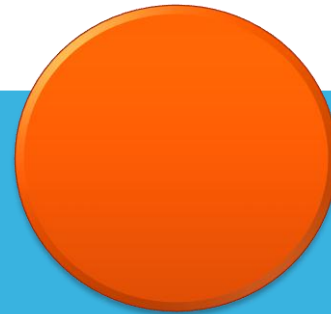
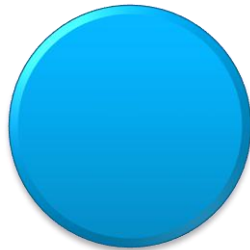


Research shows that when parents talk about sexuality with their children, there is a higher likelihood that the child will delay sexual activity, and engage in safer sexual practices when they do choose to become sexually active.



“I think sex education causes teen pregnancies”

“Right, and drivers education causes car accidents.”



"I will harm my kids if I give them sexuality information too early"

- **maybe I should wait until they are in a serious relationship?**
- **Maybe I should wait until they are older?**
- **Maybe I should wait until...**



"My child knows more than I do."

"They will pick up what they need to know"

"They don't want to hear from me, the schools will cover everything they need to know"



"If I'm uncomfortable, its probably better if I don't talk about it"

"When talking to my teen about sex, I should focus mainly on the dangers such as pregnancy, STIs & sexual assault"



CONCERNS PARENTS MAY HAVE

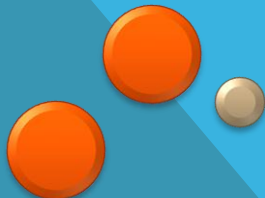
“Where do I begin?”

"I'm not the expert!"

"What do I talk about?"

"What if I don't know the answer?"

“Am I a good role model?”

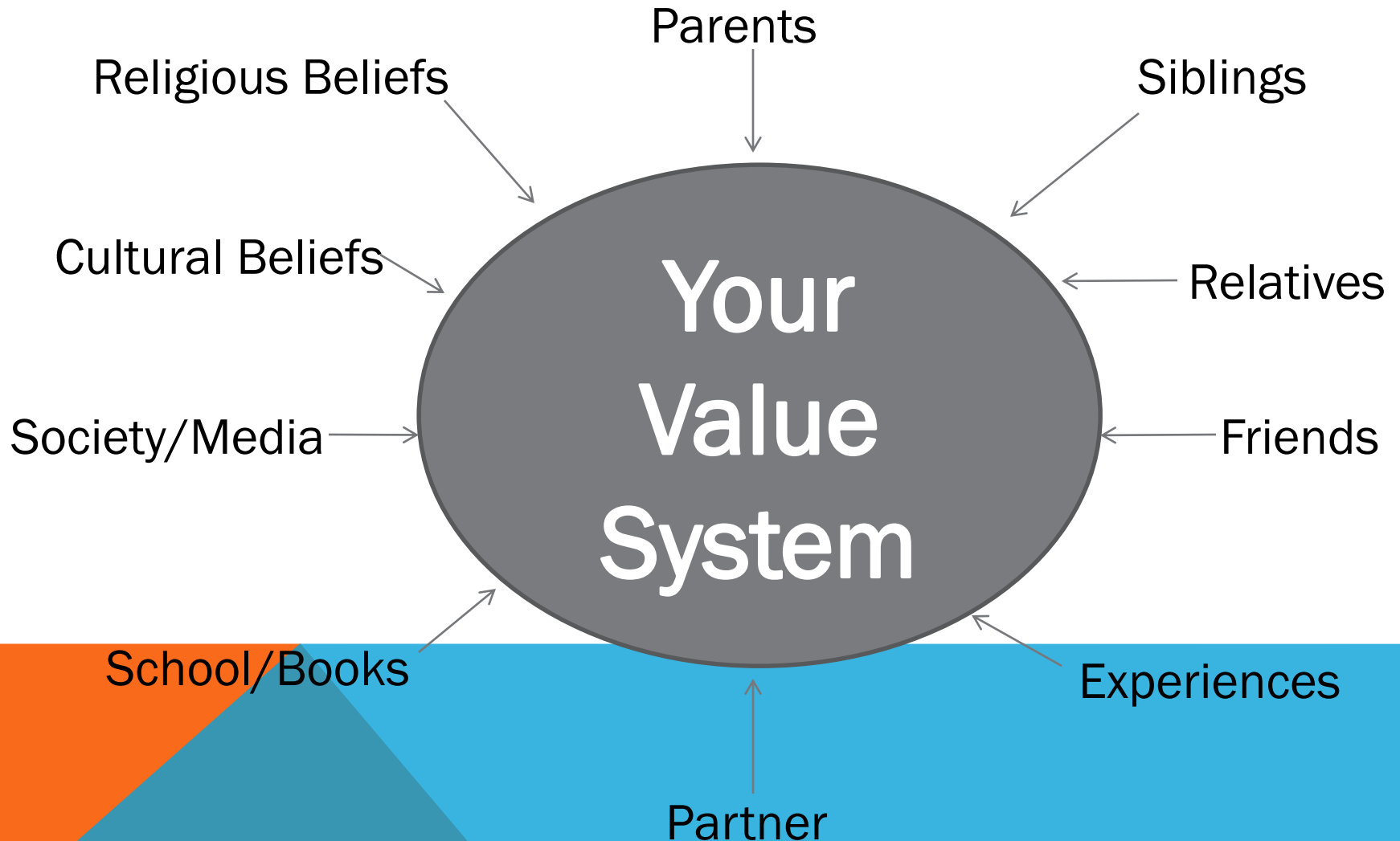


Question: When should I begin talking to my child about sexuality and sexual health?

Answer: Today!



VALUES AND IDEAS



We communicate our values with:

- **Actions**
- **Words**

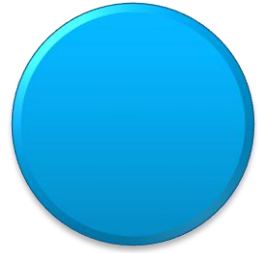
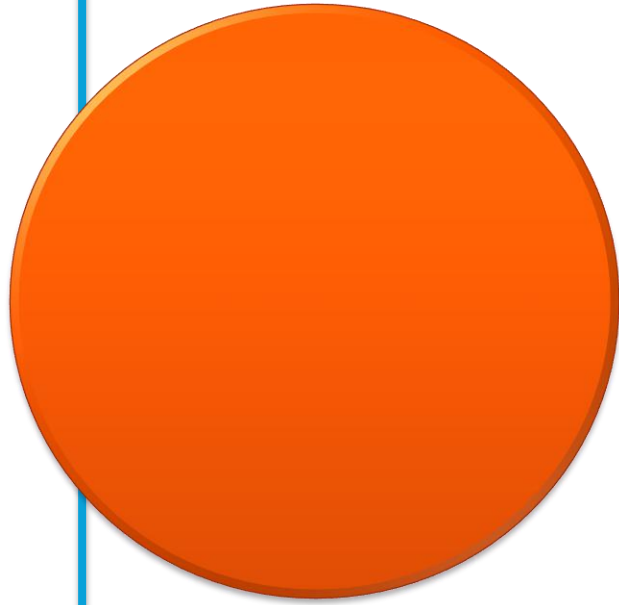
- **Take the time to evaluate your own values about sexuality.**
- **Parents may differ in their values.**
- **Don't force your values.**





Okay, we took
off our clothes,
I got on top
of you... How
long 'til it starts
feeling good?

I don't know
but I've got
a headache
already!



TIPS FOR PARENTS

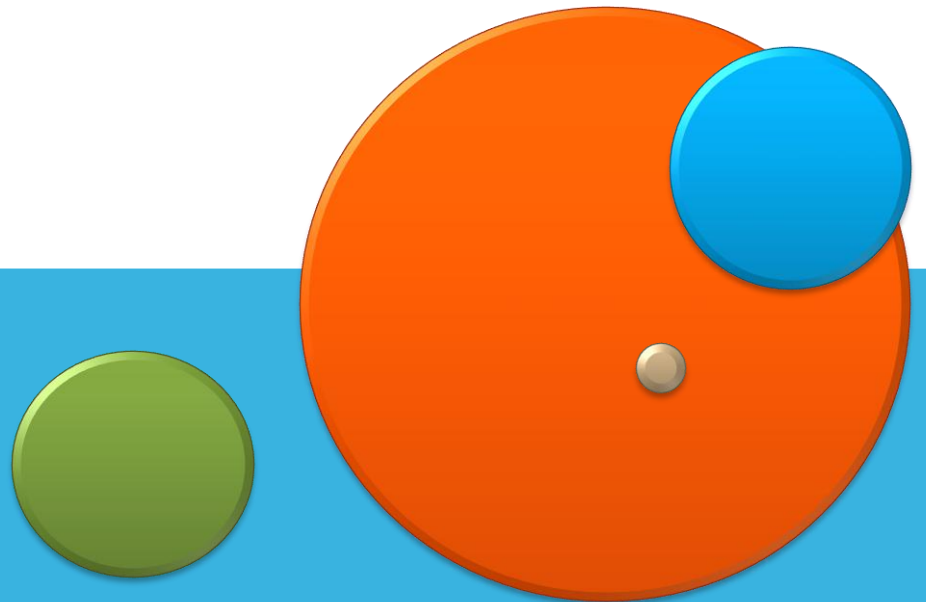


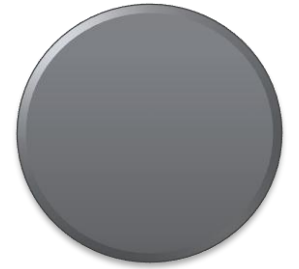
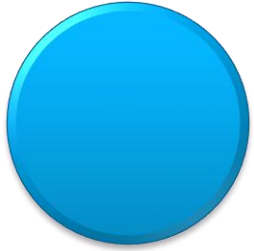
Think about what you would like to teach your child.

- **Reflect on your own upbringing**
- **Stories you can share**
- **What is private to you**



- **Educate yourself.**
- **Try to become more comfortable.**
- **Practice saying “Vulva” “Penis” in a mirror if you are uncomfortable.**



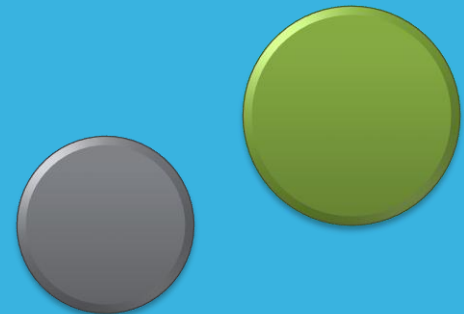


Dinner Table!



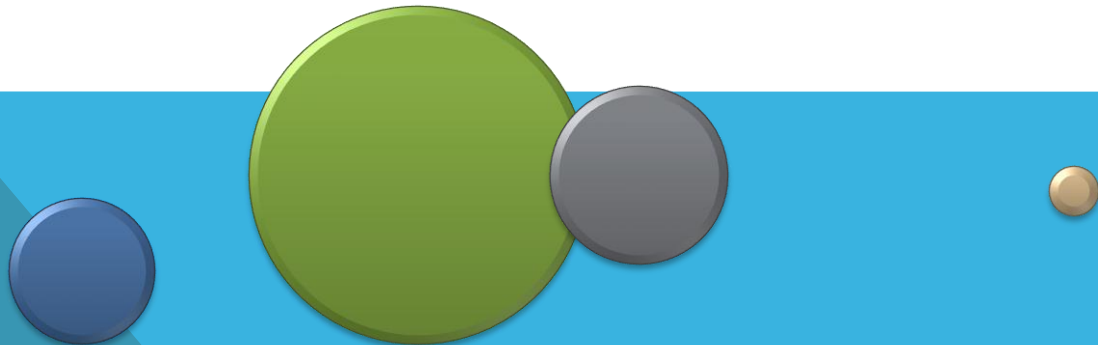
Find out what your child knows before introducing new info

- **“What have you heard about...”**
- **“Have you heard the word ____”**
- **“What do you think it means?”**



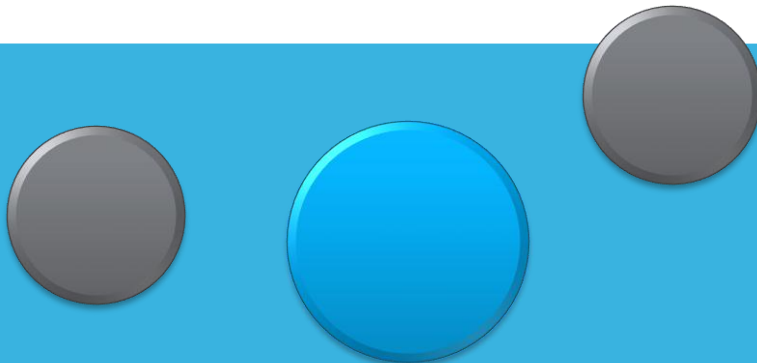
YOUR CHILDREN WANT TO TALK TO YOU

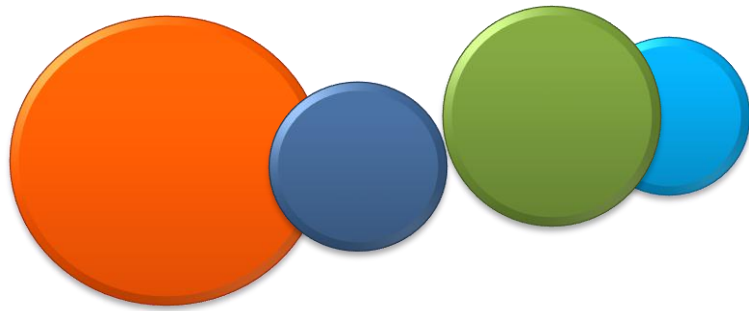
- Don't wait for them to ask
- Be pro-active
- Reward questions they ask; never laugh at them or shame them



How does your child learn best?

- Think of other successful learning experiences and what techniques were used.
- Use them to teach about sexuality





MASTURBATION!

Whatever your values about it, it is not harmful.



TEACHING ABOUT PRIVACY:



How does privacy apply to:

- The body
- Places at home and in the community
- Topics of conversation
- Behaviours

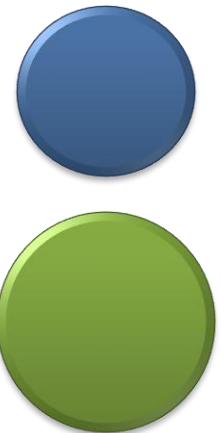


TEACHING ABOUT PRIVACY:

Two ways to teach about privacy:

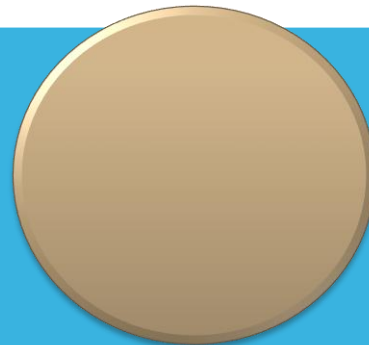
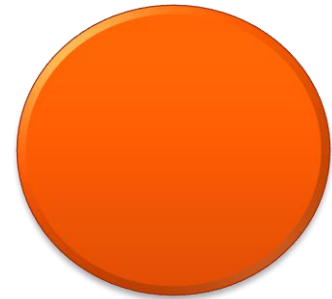
- Modeling the behaviours you expect from your child
- Sharing information

Must be consistent.



Actions speak louder than words.

- **Children learn from watching you and your relationships**



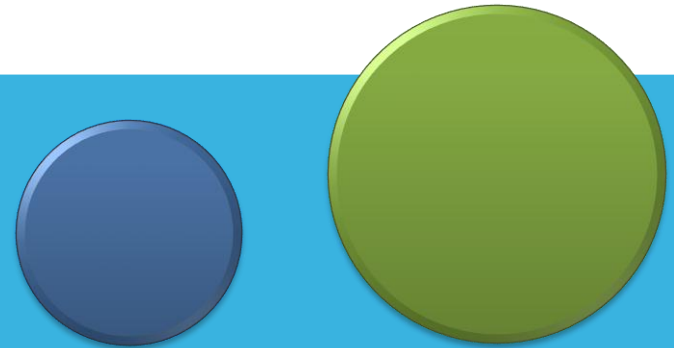
Don't just talk about the facts.

- Emotions
- Feelings
- Relationships



- **Teach about personal space.**
- **Respect your child’s right to choose with whom they show affection.**

Ask, “Can I have a hug?” (modeling behaviour).

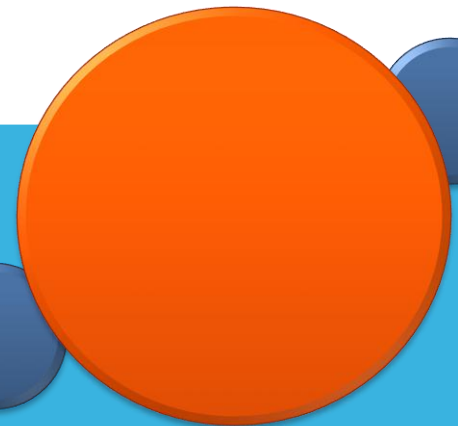
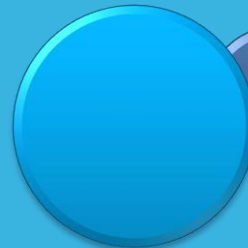


**Use the proper terms for ALL body parts
from day one.**

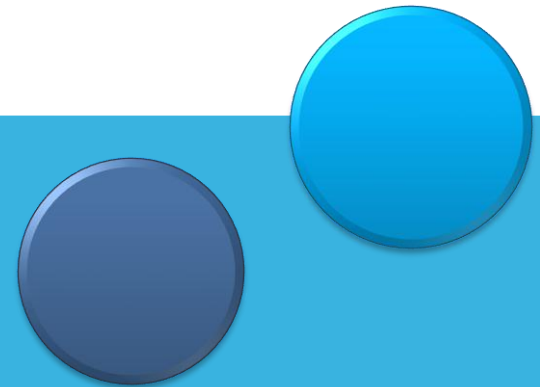
- **Vulva, Vagina, Breast, Clitoris**
- **Penis, Testicle, Scrotum**

Prevents having to relearn later.

Vocabulary for elimination.

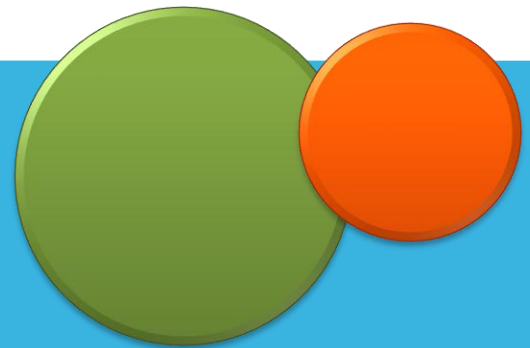


- If you teach about all body parts your child is more likely to accept and feel good about their body
- You do not want them to think genitals are bad, shameful, different or wrong
- Preparation for: toilet training, proper hygiene, puberty, sexual health, intimate relationships



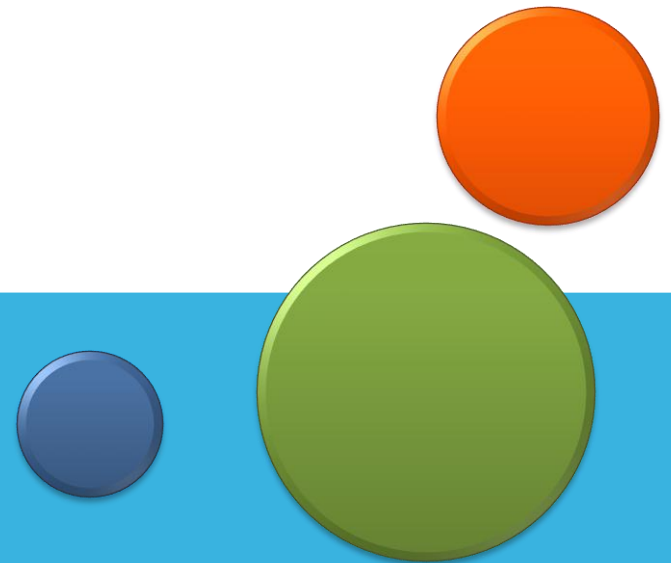
When children are taught proper names for genitals they:

- Are less likely to be sexually abused
- Are more likely to report sexual abuse if it does occur
- Are perceived as more credible if they do report sexual abuse



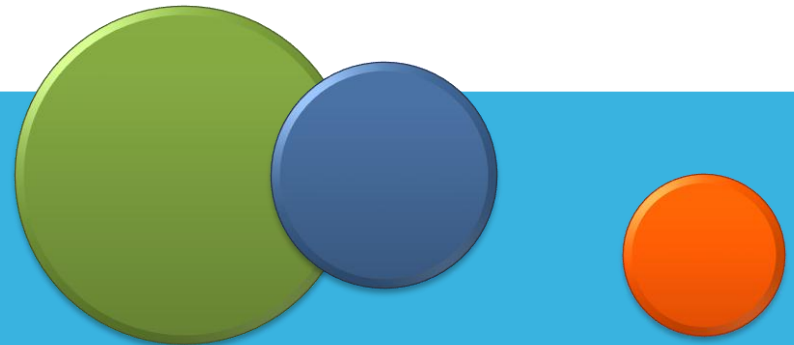
Discuss:

- good touch, bad touch, hurtful touch
- Yes feelings, no feelings
- People they can trust
- Circle(s) of trust
- Listening to gut feelings

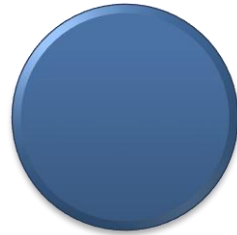
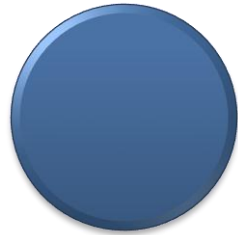


Teachable moments.

- **Community**
- **Home**
- **TV, movies**
- **Radio**



repeat. repeat. repeat.



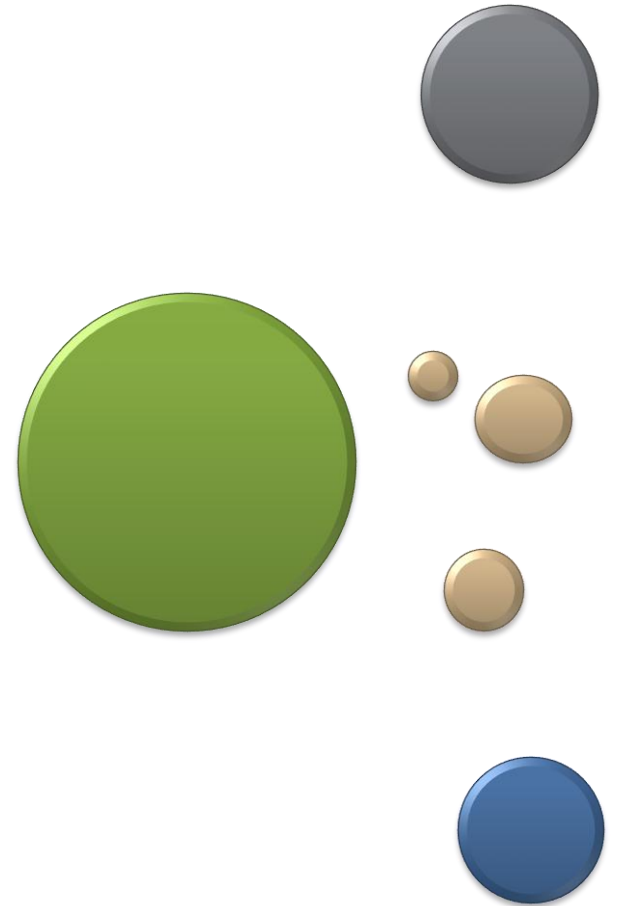
reinforce.

review.



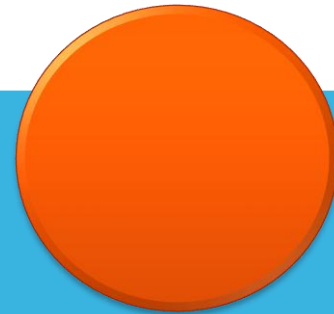
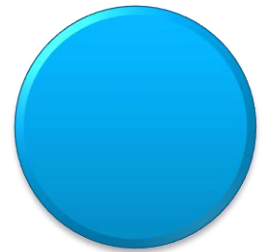
TEACH IN MANY WAYS

- Role play
- Demonstration
- Practice
- Pictures
- Books, stories
- Videos, TV, movies, music



Share age appropriate information.

- **Start simple**
- **Pay attention to child's reaction**
- **Clarify their question**
- **Multiple, ongoing conversations**



Be positive.

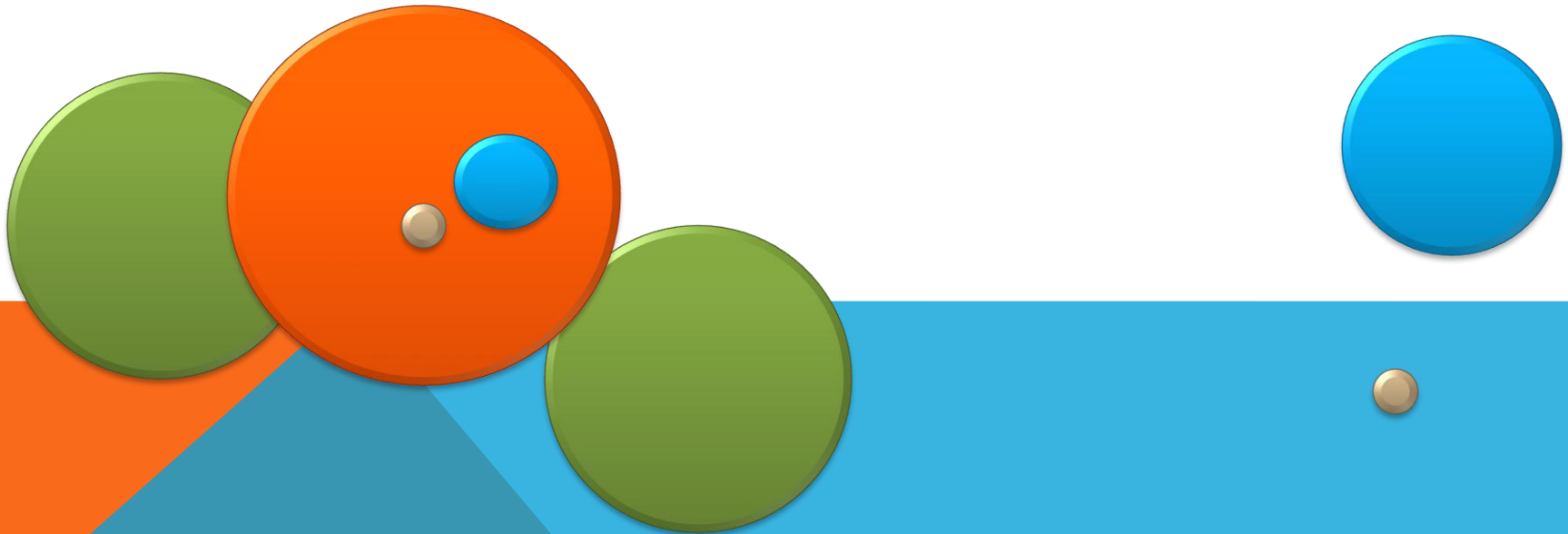
Use examples.

Normalize sexuality.



It is ok to make mistakes.

**It is ok to feel uncomfortable,
embarrassed or awkward.**



It is ok if you don't know the answer.

- **Find answer together.**
- **Ask for help from your community, family, friends.**
- **Learn from other parents.**



Try to stay calm.

**Becoming angry, hysterical or upset will
make your child feel guilty or ashamed.**





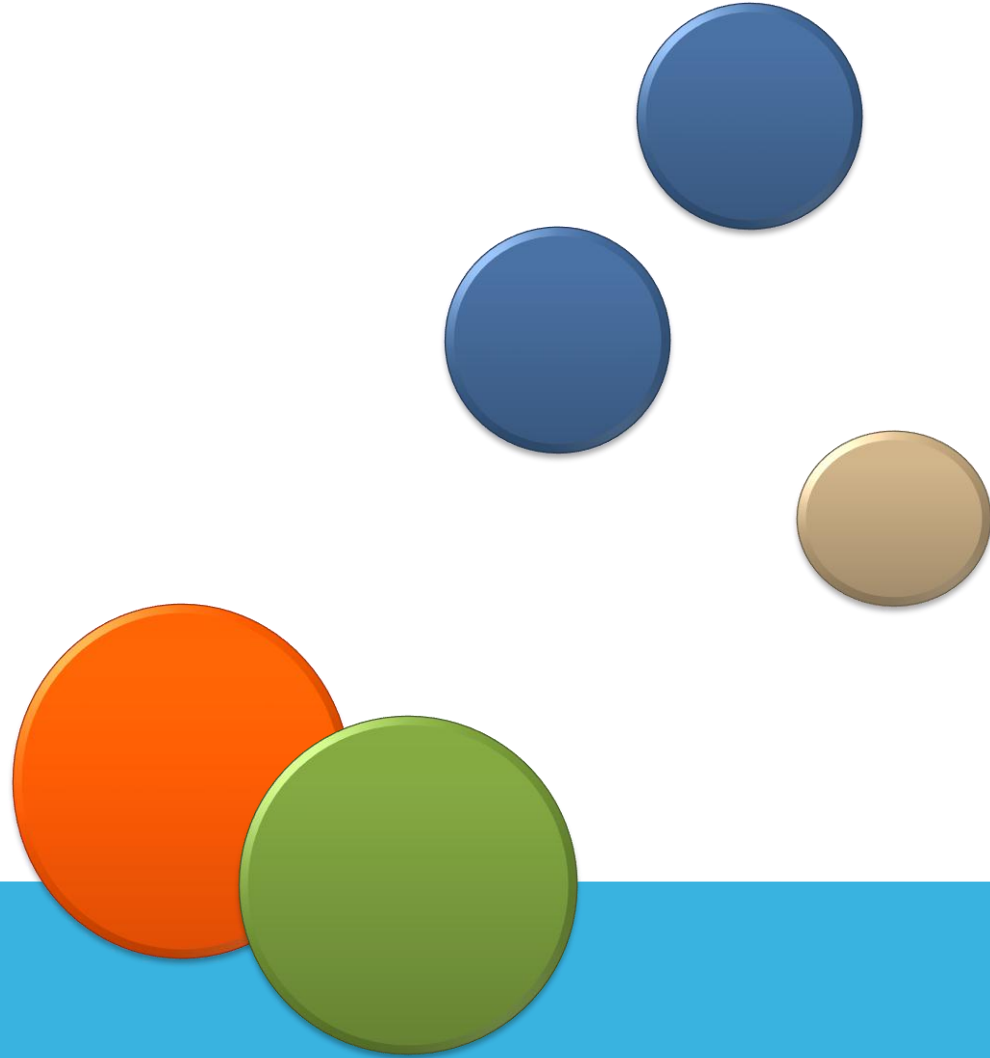
Educate all your children.

Both parents (if possible) should be involved.

Involve other family members and friends you trust.



**Be honest.
Be askable.**





Help your child feel good about themselves and their sexuality.



Relax.

Have fun.

Have a sense of humour.

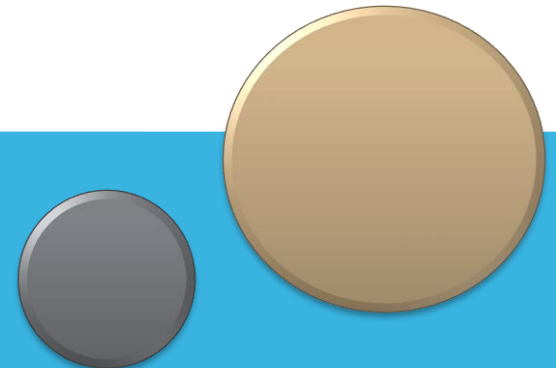
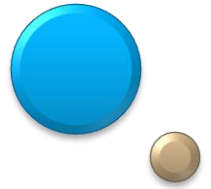
Laugh together.



Teach about puberty before it happens!

Menstruation.

Wet dreams.

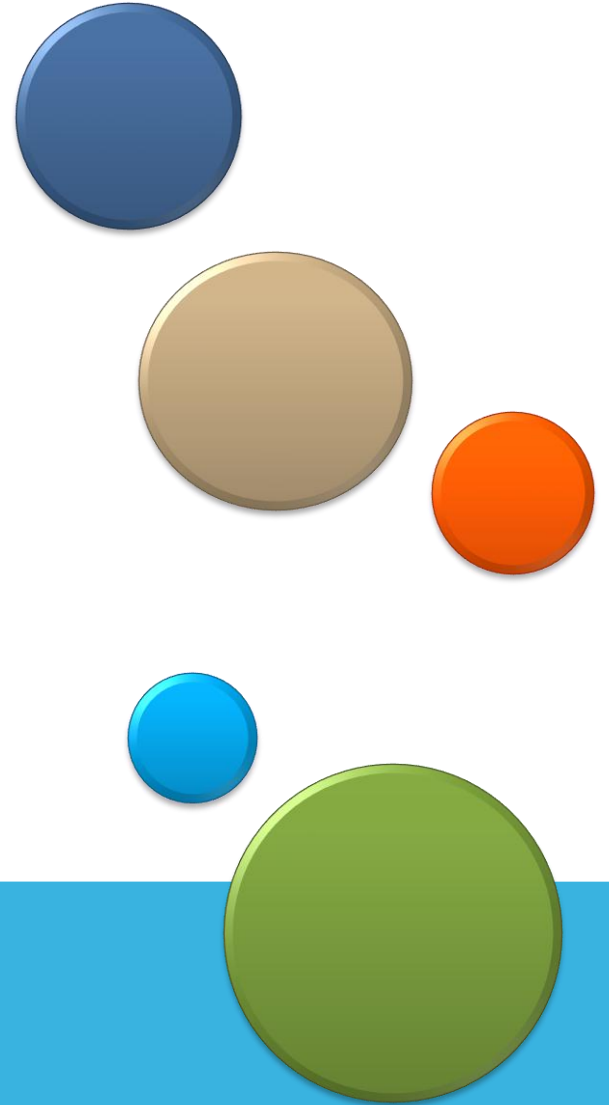


Media.

Social Media.

Teach critical thinking.

Teach media literacy.



RESOURCES:

shorecentre.ca

sexandu.ca

teachingsexualhealth.ca/parents

plannedparenthood.org/parents

boostforkids.org

