

# **Ways Parents Can Help Children Grow Up Sexually Healthy**

- 1. Provide nurturing touches and interactions that support our children's positive feelings of self and others.**
- 2. Provide equal opportunities for our male and female children.**
- 3. Talk to our children in language and ways that embrace both genders.**
- 4. Teach our children to accept people's differences (for example, gay/lesbian or transgender).**
- 5. Teach our children correct words for all body parts, including sexual parts such as penis, vulva, breast, buttocks, etc.**
- 6. Teach our children that sexual parts of their bodies are "private".**
- 7. Teach our children that their bodies belong to them and that each person has the right to decide who can and cannot touch his or her body.**
- 8. Welcome our children's questions by telling them, "I am glad you asked..."; if we do not know the answer, we can find the information together with our children.**
- 9. Encourage everyone in the family (children and adults) to share his or her feelings.**
- 10. Help our children to understand how their behaviours affect others.**
- 11. Help our children to set limits and to learn appropriate behaviours according to their age and development.**
- 12. Tell our children clearly and directly what is and what is not appropriate behaviour, without making them feel guilty or ashamed.**
- 13. Be a positive role model for our children.**

For more information please call:

AIDS –Sexual Health InfoLine 1-800-668-2437 or (416) 392-2437

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