

Talking about Bodies, Boundaries and Safety

Tips for supporting your child to be sexually healthy

- Provide nurturing touches and interactions that support children's positive feelings of self and others.
- Provide a variety of opportunities for all children, regardless of gender.
- Talk to children with language and ways that embrace all genders.
- Teach children to accept people's differences and uniqueness.
- Teach children scientific words for all body parts, including penis, vulva, breast, anus, etc.
- Teach children that some parts of their bodies are private.
- Teach children that their bodies belong to them and that everyone has the right to decide who can and cannot touch their own body.
- Welcome children's questions by telling them, "I am glad you asked me!" or "What a great question!"
- Encourage everyone in the family (children and adults) to share their feelings.
- Help children to understand how their attitudes and behaviours affect others. Remind children that it is okay to stop and rethink their behaviour, and perhaps even change their mind.
- Tell children clearly and directly what is and what is not appropriate behaviour, without making them feel guilty or ashamed.
- Be a positive role model for children.

PH2404SS026