

# HELP FOR PARENTS - TALKING TO YOUR CHILD ABOUT SEX AND SEXUALITY

FROM THE ST. JAMES PARENT SUPPORT ADVISORY TEAM (PSAT)

## TALKING WITH YOUR CHILD ABOUT SEX AND SEXUALITY IS VERY IMPORTANT.



Some parents feel shy about talking with their children about sex. Others feel talking about sex will make children experiment with sex. Many parents are afraid to discuss sexuality because they feel they do not know enough.

Children today are learning about sex from many different places - schoolmates, television, movies, music, newspapers and books. Some of the messages are positive but many are negative. Sex is often glamourised or shown as something which all young people are doing.

As a parent you have your values and you know the messages you want to teach your children about sex. This is why it is important for parents to talk with children about sex. When you talk to your child about sex:



### DO

1. Tell your children the truth/facts about sex.
2. Encourage children to talk with you freely.
3. Set the right example - let children see how you want them to behave.
4. Answer children's questions about sex. Get information from the clinic or library.

### DON'T



1. Try to frighten children by telling lies about sex
2. Tell children that sex is "big people business" so they must not ask about it.
3. Say one thing but show another in your actions.
4. Ignore children's questions about sex. You can get help to answer from a nurse, doctor or counselor.

**HAVE SOME FUN-CHECK HOW MUCH YOU KNOW  
ABOUT SEX & SEXUALITY!  
TICK TRUE OR FALSE FOR EACH QUESTION &  
CHECK YOUR ANSWERS WITH THE PSAT STAFF.**



Once a girl sees her period she can get pregnant T F

A girl can get pregnant the first time she has sex T F

The birth control pill can protect against HIV/AIDS T F

The condom is made to fit all sizes T F

Having 'wet dreams' means a boy is ready for sex T F

Sperm can build up in a boy's back and produce "oil" T F



**How you scored:**

5-6 correct= Congrats expert! But remember there's always more to learn.

3-4 correct = Well done! But seek out more information to score higher.

1-2 correct = Good try! Visit a clinic, school or library for more information.

0 correct = Take this opportunity to begin learning about sex and sexuality.

The St. James Parent Support Advisory Team (P-SAT) is here to assist parents. We give parents the chance to learn how to do better at the job of parenting. We also give parents an opportunity to share and learn from each other, with the support of specially trained persons who give information on a number of topics.

If you or your community would like assistance from the PSAT, please contact us:  
c/o THE CHILD DEVELOPMENT AGENCY, 4 KERR CRESCENT, MO-BAY 9524362; 9711569

or at

THE PSAT RESOURCE CENTRE, 1<sup>ST</sup> FLOOR VANHAZE BUILDING, 16 EAST ST, MO-BAY

