

Unlock WIZARD

COVID-19

CCI
SPECIAL

SEX EDUCATION

It's time we talk
share knowledge
and discuss

**It is easier to build strong children
than to repair broken men**

Frederick Douglass



**#42
ENGAGE
SERIES**



Don Bosco National Forum for the Young at Risk

Does your child ask where babies come from? Why girls and boys are different? What is puberty?

If yes, then it's time you start discussing with your child about sex education. Sex education here includes discussing about human sexuality, including emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, age of consent, safe sex etc.

Toddlers and pre-schoolers are often satisfied with vague answers to questions but school-age children tend to ask more-specific questions and as your child's questions about sex become more complex — and perhaps more embarrassing — he or she may turn to friends or other sources for information.

Therefore it's important for parents & teachers to guide & help children to understand their body and its needs without being judgemental.

It's time we acknowledge such issues and support our children.

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AGE APPROPRIATE SEX TALKS



Children are exposed to sex talk earlier than you think, via peers and social media. Be the first to inform them.

courtesy of LiesAboutParenting.com

0-3

NICE: NAME IT, CLAIM, EXPLAIN

Begin to use anatomically correct names for all body parts, including genitals, penis, vulva, vagina, testicles, and even eyebrows. Recognize the differences between male and female bodies. Encourage children to claim their bodies as their own. Explain bodily processes such as pregnancy and birth in very simple terms.

3-5

TIME FOR ASK & TELL

Deepen the NICE conversation (Name It, Claim, and Explain) and add discussions about privacy (sexuality is private and happens at home). Also start an Ask-and-Tell dialogue. Encourage conversations about how their bodies feel to get kids thinking about the goodness of intimacy. Also discuss what doesn't feel good.

5-8

PUBERTY POLITENESS

NICE continues, including the anatomy of sexual intercourse. Introduce the variations of sexuality: hetero, homo, bi, trans. Puberty can start at age 9, so it's time to prepare. Discuss basic social conventions of privacy, nudity, and respect for others in relationships. Continue the conversation about what does and doesn't feel good.



8-10

LESS QUESTIONS, MORE CURIOSITY

A child this age can handle a basic explanation on just about any topic, including rape and abuse. Provide information about sexuality and puberty (for both sexes). There may be fewer questions, but there's more curiosity. HIV/AIDS, abortion, marriage, and sexual abuse. Acknowledge not everyone fits the same gender molds but everyone can experience pleasure... and that's a great thing! Reinforce healthy boundaries and self-esteem.

9-12

WHAT MAKES A GOOD RELATIONSHIP

Initiate conversations if you have to, but make sure they continue. Reinforce what they've learned. Tweens need to know about safe sex and contraception. Discuss what makes a relationship healthy, self-empowered, and positive – and what does not. Explain relationship choices and feelings for others, including how to start, continue, and end a relationship.



13-18

THE PLEASURE TALK

By now, your child has all the facts about sexual interactions. Now it's time to reinforce safety and discuss the anatomy of pleasure. Whatever the gender your child is attracted to, talk about pleasure. Explore relationships including assertiveness, vulnerability, communication, techniques, personal values, asking for help, and making choices. Finally, talk about the difference between love and lust.

18+

OPEN UP AND MAKE THEM NEED YOU

Accept your child is an adult and needs to be treated like one. They may not need you, so make them want you! Continue to offer physical and emotional intimacy, while respecting their need for independence and privacy. Appreciate them. Share your values and experiences in an open dialogue. Facilitate their access to sexual and reproductive healthcare.



NO SHAME, NO BLAME

It is up to you to continue the sex conversation, even if your child doesn't ever bring it up.

Sexuality and Pleasure are healthy and life-enhancing

LIES^{about}
PARENTING

Research on this article is done by Therese Sibon, who is currently developing a program on integrating the topic of pleasure into sexEd.

10 Tips for talking to kids about SEXUALITY

1 Practice

If you're uncomfortable using language connected to sexual and reproductive parts or functions, that's OK. With practice, you'll learn that they're "just words."

2 Be honest

Don't let feelings of embarrassment stop you. Just say, "I'm embarrassed," then keep talking! That's great role modeling for your child.

3 Don't doubt yourself

If you get nervous and start to wonder, "My child has asked a question but is it *really* OK to answer it?" the answer is almost always, "Yes!"

4 Encourage curiosity

Remember, you want them to ask you questions so you can become their primary source of knowledge and values.

5 Don't worry about having all the answers

If you don't know the answer to a question, just say, "What a great question! I'm going to find out the answer and tell you later."

6 Take time to find the words

If you know the answer to your kid's question, but are unsure of how to respond, say, "What a great question! I need to think about how to answer it so you'll really understand. We'll talk again later."

7 Be flexible

Sometimes it's helpful to give a very general answer to a question at first and then observe your child's face and body language before proceeding.

8 Ask what they think

To learn more about your child's thought process or if you aren't quite sure what they're really asking about, say, "Good question! What do you think the answer to that question is?"

9 Don't fall back on gender rules

There are no "gender rules" about who should talk to whom. Kids need to know that regardless of gender all people can talk to each other about these subjects.

10 Train yourself to be shock proof

Young kids overhear all kinds of words and phrases but rarely have any idea what they actually mean. Just remain calm and remind your kid to use correct and respectful words for body parts and what they do.



CLICK TO WATCH

The sexuality education needs of young children



CLICK TO WATCH

Best Ways To Guide Your Child In Sex Education



CLICK TO WATCH

Sex Education | Age Appropriate Topics



KEY WORDS TO SEARCH

1. Why sex education is important?
2. When to start sex education?
3. How to talk to child about sexuality?
4. What is sex education?
5. How can parents help their child in sex education?

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



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