



Parent Resources

Sexuality Resource Center for Parents

<http://www.srcp.org/index.html>

Teaching Sexual Health

<https://teachingsexualhealth.ca/parents/teaching-your-child/>




Additional Resources

For Autism

<https://researchautism.org/sex-ed-guide/>

For Parents of Children with Disabilities

<https://www.respectability.org/resources/sexual-education-resources/>

Early and Often - Sexual Health Conversations

Last week's Behavior Bulletin provided an overview of sexual development from infancy through adolescence. This is a good starting point for understanding what is developmentally appropriate when talking with your child about sexual health. Experts on sexual health say that parents should have discussion on sexual health with their child **'early and often'**. Experts say that having sexual health conversations **'early and often'** positively impact a child's development of self-esteem, healthy relationships, and sexual behaviors.

Avoiding or delaying conversations about sexual health does not slow the process of sexual development, nor does it deter a child's natural sense of curiosity. Children are asking questions because they are curious about themselves and their bodies. By having the conversations **'early and often'** parents can ensure that their child is receiving information that is: factual, developmentally appropriate, and value-centered.

The **'early and often'** approach will also help parents and children become increasingly comfortable with the topic and the discussion. By being approachable, there is an increased likelihood that your child will turn to you with questions rather than seeking out information from potentially unreliable resources such as peers, television, and the internet.

Parent Tips for Sexual Health Conversations

- Provide honest, factual, and developmentally appropriate information
- Keep answers short, simple, specific, and relevant to the question
- Use teachable moments as they naturally arise
- Talk *with* your child; not *to* your child
- Ask your child to share what they already know; build on that knowledge
- Use proper words for body parts and body functions (not slang)
- Seek out resources for yourself and your child (books, videos, diagrams, etc)
- It's okay to not have all the answers; learn with your child
- Be aware of your non-verbal communication (grimacing, laughing, discomfort)
- Educate children on public vs. private conversations and behaviors
- Set boundaries on what amount of personal or private information you are willing to share

Upcoming Events

Date/Time	Topic	Link
Thursday, March 18 7:00-7:45pm	Mindfulness Stress Reduction Series	https://parentnetworkwny.org/event/mindfulness-stress-reduction-series/
Saturday, March 20 9:00-10:30am	Understanding the IEP Process for Parents of Preschoolers	https://parentnetworkwny.org/event/understanding-the-iep-process-for-parents-of-preschoolers/
Monday, March 22 6:00-7:00pm	Overview of OPWDD	https://parentnetworkwny.org/event/overview-of-opwdd-2/



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.