



You need a yes
without duress
and nothing less
will do.

#consent

The Content of Sexual Health Conversations

This Behavior Bulletin series is focusing on sexual health. The month started with a summary of sexual development then focused on *how* to talk to children about sexual health. Today we are going to review *what* to talk about with your child or, in other words, the **content of sexual health conversations**.

The **content of sexual health conversations** should be age and developmentally appropriate for each child. Parents can gauge what is appropriate based on family values, the child's age, current knowledge, and behaviors. The golden rule is: if the child is old enough to ask the question, they are old enough to receive an honest answer. The answers should be the simplest factual explanation that satisfies the curiosity of the child.

For example, a child is likely to ask about where babies come from. The simplest factual answer is "babies come from their mommy's uterus." If a child is content with the answer you do not need to elaborate. If a child wants to know more and asks "what is a uterus?" an appropriate response would be "the uterus is a part of the body where a baby grows". These short, simple, and fact-based answers can continue as long as the child is curious and continues to ask the questions.

Resource Name	Topics	Resource Link
Teaching Sexual Health <i>Parent guides & tip sheets for all ages & special education resources</i>	Sexual development, Puberty, Reproduction, Pregnancy, Healthy relationships, Sexual & gender diversity, Consent, Sexual decision making	https://teachingsexualhealth.ca/parents/teaching-your-child/
Rights, Respect, & Responsibility (3 R's) <i>Complete curriculum for all ages</i>	Body basics, Personal space & boundaries, Relationships, Puberty, Gender roles & identity, HIV/STDs, Pregnancy, My body/My rights, Sexual abuse, Sexual orientation, Birth control, Sexual decision making	http://3rs.org/3rs-curriculum/download-3rs/
Family Health and Sexual Health (FLASH) <i>Complete curriculum for elementary & special education</i>	Family, Self-esteem, Gender roles, Relationships, Puberty, Gender identity, Reproduction, Consent, Pregnancy, Dating, Sexual exploitation	https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/about-FLASH.aspx
Sexuality Across the Lifespan <i>Complete curriculum for all ages</i>	Identifying body parts, Puberty, Self-esteem, Masturbation, Dating, Reproduction, Social skills, Feelings, Sexual rights, Abuse, STDs	https://www.fddc.org/sites/default/files/file/publications/Sexuality%20Guide-Parents-English.pdf

Upcoming Events

Date/Time	Topic	Link
Wednesday, March 24 6:00-7:30pm	Transition from Early Education (EI) to Preschool Special Education (CPSE)	https://parentnetworkwny.org/event/transition-from-early-intervention-ei-to-preschool-special-education-cpse-for-parents/
Thursday, April 1 3:00-5:00pm	A Family's Guide to Student-Led IEPs	https://parentnetworkwny.org/event/a-family-s-guide-to-student-led-ieps/
Thursday, April 1 7:00-7:45pm	Mindfulness Stress Reduction Series	https://parentnetworkwny.org/event/mindfulness-stress-reduction-series-2/



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