

Talking to your kids about sex



Children will ask questions about sexuality and sex for different reasons. Being open, thinking about why the question is being asked, listening carefully and giving a simple answer will help prepare children to make healthier choices.

When talking to your kids about sex:

- Provide age-appropriate books or magazine articles for your child to read
- Be relaxed and have time to talk - perhaps during an activity such as travelling in the car, preparing a meal, doing the dishes or doing chores around the house
- Introduce the topic. A negative reaction doesn't mean your child knows it all or doesn't want to talk
- You don't need to be an expert. If you are unsure, tell your child you will find out
- Use correct terms for body parts to avoid confusion

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

