

# TALKING ABOUT SEX WITH YOUR CHILDREN AND TEENS

## HOW DID YOU LEARN ABOUT SEXUALITY? HOW DO YOU WANT YOUR CHILDREN TO LEARN ABOUT SEXUALITY?

### What do you want to teach your children and teens?

You pass your values onto your children about many things. Take advantage of opportunities to share your values about sexuality. For example, when watching a movie or TV ask your child what they think about sexual messages in the media. Not discussing healthy sexuality allows others, like peers, to influence your children's values. Check out the [10 tips for parents/caregivers to talk to kids and teens about sexual health](#).

This material is provided by York Region Public Health. For more information on sexual health please visit [york.ca/sexualhealth](http://york.ca/sexualhealth) or review the [sexual health resources](#).

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