Keep your children safe & healthy...talk with them about sex!

As a parent, you want to help your kids stay safe and healthy. Be a source of information and support. All kids learn about sex somehow, but it makes a difference when they hear it from you. Talk with your kids openly; honestly and often to help them learn how to prevent sexual assault, pregnancy and the diseases people can get from having unprotected sex. Start now. The earlier you start, the easier it is. You don’t have to be an expert, just relax and learn with your child.

Puberty & Preteen Development

- As your child goes through puberty, emphasize that all bodies develop differently and at their own pace.
- Reinforce that masturbation is natural and healthy, but should be done privately.
- Share personal experiences or use examples from popular media to discuss what healthy relationships look and feel like.
- Discuss your family’s expectations and values about dating and sexual activity.

Adolescence & Healthy Relationships

- Discuss and reinforce the benefits of delaying sexual activity.
- Promote birth control and STD prevention to help them avoid risky sexual behavior.
- Encourage your child to evaluate their relationships. Reinforce that healthy relationships are built on trust and equal power.
- Ensure that they know how to say “no.” Explain what mutual consent means and why it is important.
- Share where they can access sexual and reproductive health care services.

For more information visit thecapcenter.org or call 916-244-1906