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## **PARENTS** *become comfortable talking to your children about all aspects of sexuality, including:*

- ✓ **Your family's values** about healthy sexuality and relationships.
- ✓ **How all parts of their body work and their proper names.**
- ✓ **Respectful and safe behaviors** on-line and off-line.



### Technology use and media exposure:



\* Set limits with media. Know what children are watching on TV and online. Watch what your children are watching and determine whether it sends a message you endorse.

\* Frankly discuss pornography. Explain that it's normal if their body reflexively responds to an image; that response didn't come from the part of the brain where decisions are made and has no relation to real life!

The difference between privacy (doing something by themselves, but you know about it) and secrecy (doing something that you don't know about). **Remind kids that temporary secrets, like a surprise party, may be OK, but permanent secrets never are!**



- ✓ **How young kids spend "alone time"** with teens and adults, even babysitters and relatives.
- ✓ The type of touch they have with peers or adults; **encourage them to set limits.**
- ✓ Their questions about anything to do with sexuality in real life or on-line. **If you don't know the answer, you can figure it out together.**

