

CHAPTER 1: TALKING ABOUT SEXUAL FACTS & VALUES

can be certain that your children are, or will be, seeing, hearing or hearing about things that weren't on your horizon until you were much older.

In my view, it is never harmful to a child, no matter how young, to give them honest information about sexuality, in plain language they can understand. This handbook gives you suggestions for words you can use, from ages preschool through the teens.

Points to remember when you don't want to talk

- Children and young people appreciate being given real facts rather than fairy tales.
- Children and young people want to be able to talk with their parents about sex.
- Accurate information and clear direction helps young people delay sexual experimentation.
- If you don't help them find out the information they want, or if you don't tell them what your values are, they'll go somewhere else.
- You have years to communicate facts and values. Don't try to do it all at once.
- Values differences are part of life. You are aiming to help grow young people who have constructive human values, who respect themselves and others, who value their sexual health, and who can eventually take responsibility for themselves.
- A bit of embarrassment never killed anyone.