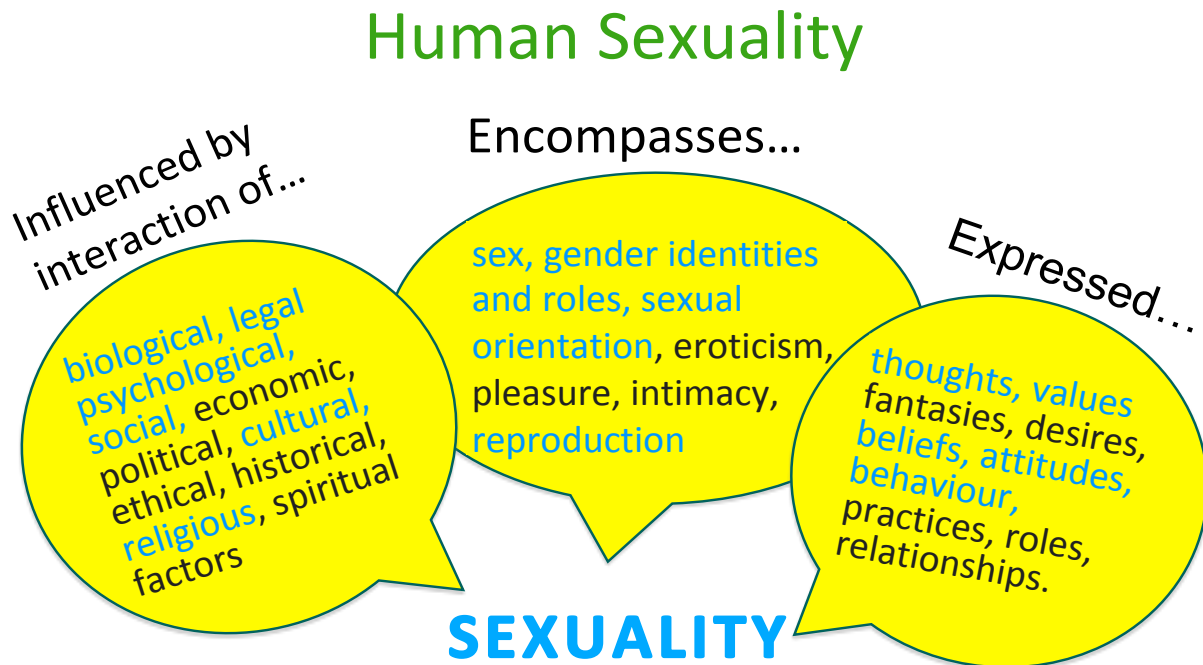


Conversations about Sex and Sexuality Video: Printable Resource for Parents



Adapted from World Health Organisation

Sexuality Education for Children

- ✓ Naming body parts
- ✓ Learning respectful relationships & protective/body safety
- ✓ Understanding and practising consent (i.e. starts in the playground)
- ✓ Understanding growing up from child, to adolescent, to adult
- ✓ Understanding human species reproduction
- ✓ Knowledge of differences between gender and biological sex
- ✓ Exploring gender roles, society norms and family diversity
- ✓ Experiencing feelings – touch and intimacy (not sexual)
- ✓ Experiencing expressions – love, connectedness and pleasure (not sexual)
- ✓ Acknowledging how religion, beliefs, politics and culture, influences relationships
- ✓ Knowing that human sexuality is as unique as your fingerprint - there is no 'normal'
- ✓ Developing a positive attitude to fulfilling, safe, and pleasurable; intimate partnerships and experiences

Questions for parents

➤ **Can you remember how & when you learned about Sex and Sexuality?**

Was it:

- School Education?
 - Friends?
 - Internet?
 - Advertising?
 - Music Videos or Pornography?
 - Parents?
 - Other?
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➤ **What age will your children learn about:**

- Correct names for private body parts _____
- Protective safety/Body safety rules _____
- Where babies come from _____
- Puberty _____
- Sexual Intercourse _____
- Internet Pornography _____
- Respectful Relationships/Consent _____

➤ **What words come to your mind when you envisage your child's adult sexual journey?
What do you hope for them?** e.g. safe, fulfilling, fun, consensual, what else?

➤ **What is your plan for ensuring your children have access to necessary information and knowledge regarding Human Sexuality?**

- Speak to School Principal to ensure curriculum includes Sexuality Education
 - Start and continue ongoing conversations
 - Read and learn for myself
 - Talk to other parents about their experiences
 - Discuss with the children's other parent(s)
 - Other
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Childhood Sexual Development and Behaviour

Age	Usual Development	Relevant Behaviour	Healthy Sexuality Conversations
0-2 Years	<ul style="list-style-type: none"> ✓ Learning to trust caregivers, i.e. How they are cuddled, spoken to, cared for ✓ Capacity to experience pleasurable human touch (obviously non sexual) ✓ Start identifying male and female ✓ Beginning sense of autonomy; especially over their own body ✓ First social/play interactions with peers ✓ Touching own body; including genitals 	<ul style="list-style-type: none"> ✓ Explores own body, including genitals, i.e. during bath or nappy changes ✓ Spontaneous, reflexive sexual response (erection, vaginal lubrication) ✓ Enjoys touch from caregivers ✓ Enjoys and feels comfortable being nude 	<ul style="list-style-type: none"> ✓ Name external body parts using correct words; vulva, breasts, nipples, penis, scrotum, testicles, bottom ✓ Positive reactions toward touching their own body ✓ Potentially babies come from Women's belly/tummy
2-5 Years	<ul style="list-style-type: none"> ✓ Ability to identify themselves as male or female or neither: i.e. "I'm a girl/boy" ✓ In process of understanding the basic elements of human reproduction ✓ In process of understanding the concept of privacy in relation to nudity and sexuality ✓ Enters stage of curiosity about genitals of peers and adults of same and opposite sex 	<ul style="list-style-type: none"> ✓ Occasional masturbation (soothing or relaxing) ✓ Enjoys nudity ✓ Language about sexuality: Uses slang terms for bodily functions, telling stories, asking questions, repeating or copying learned conversations, songs, media ✓ Participation in make believe games involving exploration and/or touching the bodies of familiar children in a consensual, playful, curiosity-focused manner (e.g. playing doctor) ✓ Using devices/internet independently 	<ul style="list-style-type: none"> ✓ Name internal and external body parts using correct words; vulva, vagina, breasts, nipples, penis, scrotum, testicles, bottom, anus, womb/uterus, ovaries ✓ Protective safety i.e. five body safety rules (see Some Secrets should never be kept resources) ✓ Positive reactions toward them when they; touch their own body, ask about sexuality, play games with peers ✓ Where babies come from: "...a special place inside the woman's body, called the womb/uterus..." ✓ Appropriate use of internet – tell them about potential harmful/negative images ✓ Private versus public lessons ✓ Explore types of touch/body autonomy: i.e. Alternative greetings to having to hug strangers, or stop tickling them when they say 'stop' ✓ Diversity conversations: "...not everyone feels like a boy or a girl..." and "...families come in all shapes and sizes, some have two Mums..."

Age	Usual Development	Relevant Behaviour	Healthy Sexuality Conversations
5-8 Years	<ul style="list-style-type: none"> ✓ A child will be aware of and will develop a strong sense of their gender identity - usually male or female. Some children's identity will not be as clear to them or those around them. Adults need to acknowledge that not all children will identify with the sex that was assigned to them at birth ✓ Basic understanding of sexual orientation (i.e. heterosexuality, homosexuality, bisexuality). ✓ Introduction of knowledge and social norms related to the role of sexuality in relationships ✓ Understands proper terminology for sexuality related body parts (i.e. vagina, penis, clitoris) ✓ Interest in how bodies work and learning about relationships; developing into understanding of puberty, human reproduction, including the role of sexual intercourse ✓ Some children will show early signs of puberty ✓ Developing sense of privacy 	<ul style="list-style-type: none"> ✓ Consensual, curiosity and exploration based, sexuality play with same and other gender peers/friends ✓ Occasional masturbation. For some children at this age, masturbation may begin to take on a pleasure oriented rather than just self soothing/relaxation ✓ Use of slang words to describe body parts and sexuality ✓ Request privacy such as when showering/changing at the pool ✓ Compare genital characteristics with peers ✓ Copy observed behavior, i.e. sexy dancing or language heard such as adult themed comments or media 	<ul style="list-style-type: none"> ✓ Human Sexuality is positive - not approached with fear and danger ✓ Sex/Intimacy/Outercourse can mean many things. It is only for adults, never for children's minds or bodies ✓ Sex is private and for adults only ✓ Intimacy should always be consensual and pleasurable and joyful ✓ Names of body parts includes internal sexual & reproductive organs; i.e. clitoris ✓ Gender Diversity should be part of everyday conversation ✓ Sexual intercourse: "...when the woman is ready, her vagina accepts the penis..." "...the sperm is delivered and then travels up to meet the egg..." ✓ Rules about talking about it "...it's not your job to teach the other kids at school..." ✓ Puberty explanation especially in the context of the capacity for reproduction ✓ Internet use only under adult supervision – never alone in bedrooms ✓ Reinforce and expand knowledge of rights i.e. "your body belongs to you" ✓ Reinforce and expand knowledge of responsibilities i.e. equal relationships, related to sexuality and social interactions both real world and online

Age	Usual Development	Relevant Behaviour	Healthy Sexuality Conversations
9-12 Years	<ul style="list-style-type: none"> ✓ Physical changes associated with puberty ✓ Psychological/social changes associated with puberty ✓ Awareness of rights and responsibilities related to sexuality and relationships ✓ Development of media literacy skills: learning to understand, interpret, and evaluate media sexuality messages and imagery 	<ul style="list-style-type: none"> ✓ Potential intimate encounters with peers such as kissing, hugging, holding hands ✓ Dating (i.e. boyfriends girlfriends) ✓ Masturbation in private ✓ Potential preoccupation with sexuality. Most likely trying to seek information i.e. frequently makes references to sexuality, increase use of language, jokes and exhibition behaviour ✓ Interest in sexual references in media ✓ Increasing requests for privacy ✓ Mobile phone and social media use to connect/communicate with peers 	<ul style="list-style-type: none"> ✓ Complete knowledge of the physical and psychological aspects of puberty ✓ Protect from and prepare for porn/media sex ✓ Respectful relationships conversations ✓ Give accurate facts and information before they hear it from peers or in society ✓ Many conversations about respectful relationships and appropriate social interactions E.g. call out advertising themes - especially it's sexualisation of women and young people ✓ Self esteem and empowering self expression conversations ✓ Guidelines for sharing images on line; it is their decision, however they must understand all the risks that come with taking, storing and sharing any images ✓ Broad and increasing conversations about sexual health. Including: delay of first intercourse, contraception, safer sex, STI prevention ✓ Social skills education related to rights and responsibilities in relationships and mutually satisfying interpersonal relationships ✓ Teach 'enthusiastic' consent

❖ Raising Children Network Australia, Australian Government Department of Social Services: www.raisingchildren.net.au

❖ NSPCC National Society for the Prevention of Cruelty to Children UK: www.nspcc.org.uk

❖ Sexual behaviours in children and young people -Traffic Lights: True Relationships and Reproductive Health Version 3/September 2015 www.true.org.au

References and Resource Links

Free Resources

Talking the Talk Sex and Health Education: Book lists, blog, script ideas, free resources, top ten tips:
www.talkingthetalksexed.com.au/free-resources



www.talkingthetalksexed.com.au



Younger Children

Some Secrets should never be kept:
www.e2epublishing.info/posters/

Is this Normal? Traffic Lights Brochure by True Relationships and Reproductive Health:
www.true.org.au/ArticleDocuments/337/Traffic%20LightsBrochure.pdf.aspx?Embed=Y

Younger children consent:
www.youtube.com/watch?v=h3nhM9UIJjc

Free booklet and tip sheet by Western Australian Government Department of Health:
www.healthywa.wa.gov.au/Articles/S_T/Talk-soon-Talk-often

The Gender Bread person:
www.itspronouncedmetrosexual.com/2012/01/the-genderbread-person/

Older children

Older Children consent video:
www.youtu.be/pZwvrxVavnQ

Scarleteen:
www.scarleteen.com

Get the Facts Western Australian Government:
www.getthefacts.health.wa.gov.au

Australian Research Centre in Sex Health and Society:
http://www.latrobe.edu.au/_data/assets/pdf_file/0004/576661/ARCSHS-SSASH-2013.pdf