

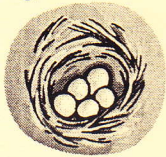
Ready for "The Birds & the Bees"?

Who is best qualified to teach your child about sexuality? Today's children are receiving sex education each and every day and at a very young age. Parents today must choose to participate in this education or outside influences will do it for them. Will your child's view of sexuality reflect YOUR values?



The most effective and safest sex education needs to occur in the home. This education will then reflect the values and morals of the family. Opening the lines of communication is the biggest challenge.

- Be a good listener
- Avoid moralizing or being judgmental
- Don't wait until your child hits adolescence to begin discussing sexuality or puberty
- Use correct terminology
- Avoid lecturing
- Know your reasons for wanting your child to delay having a sexual relationship
- Share your reasons with your child
- Don't put your child off when he wants to talk
- Respect his right to disagree
- Don't be afraid to say "I don't know"
- Share your values and beliefs
- Help your child learn to distinguish between the media interpretation of sex and sex within your value system
- Discuss biological facts, relationships, feelings, and sexual behaviors
- Help your child explore options
- If your child trusts you enough to ask a question, your response should reflect that same trust



Parenting Quick Tips

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