

DISCUSSING HEALTHY SEXUAL BOUNDARIES WITH CHILDREN AND YOUTH LIVING WITH FASD

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Are you looking for more information or support? Call us!

506-862-3783

Joke of the Month!

How do you make a tissue dance?
Put a little boogie in it!

I Have the Right...

- ❖ to feel safe
 - ❖ to feel respected
 - ❖ to feel equal
 - ❖ to feel happy
 - ❖ to feel included
 - ❖ to feel comfortable
- ...in ALL relationships



Sexuality and Sex Education

Something to think about... Children are receiving sexual education in some form or another; some of the information is positive, while some may be negative, even harmful. It is important for parents and caregivers to educate children and youth on sex in a positive and healthy way.

Here are some helpful tips to keep in mind:

Sex Education (Ages 5 – 12)

- ✚ Answer child or youth's questions openly, with simple concrete answers.
- ✚ Be honest and use age-appropriate and developmentally appropriate language.
- ✚ Avoid technical jargon.
- ✚ Refer to body parts with given names for each.
- ✚ Masturbation is a natural part of growing up;
 - ✓ ensure to educate child or youth so that they do not feel embarrassed
 - ✓ direct child or youth to a private space, such as their bedroom or the **home** bathroom (ensure that they understand, only the bathroom at their own home)
 - ✓ ensure child or youth understands what is acceptable in public and what needs to be kept private
- ✚ By age 11, boys should be educated on masturbation.
- ✚ By age 9, girls should be educated on menstruation.
- ✚ Discuss age-appropriate relationships.
- ✚ Teach good touch, bad touch, sexual exploitation, and abuse.
- ✚ Remind child or youth about "Stranger Danger."



Check out the NB Association for Community Living at <http://nbacl.nb.ca/>

Discussing Sex with Teenagers (Ages 13 – 18)

- ✚ Find out what they already know.
- ✚ Encourage them to ask questions! Answers should be frank and honest.
- ✚ Always use concrete, straightforward language with them.
- ✚ Discuss what appropriate relationships look like;
 - ✓ include family, romantic/intimate partner, friend, acquaintance, helper, and stranger
 - ✓ ensure they know what a healthy relationship is vs an unhealthy relationship
- ✚ Talk about “okay” touch, “never okay” touch, and “confusing” touch, and how to respond to each.
- ✚ Provide discussion on positive and negative feelings they may experience when dating.
- ✚ Explore creating a “Declaration of Rights in a Relationship”.
- ✚ Educate on expression of sexuality without being sexually active.
- ✚ Teach consequences of engaging in sexual activity, for example, sexually transmitted diseases/infections and unplanned pregnancies.
- ✚ Prepare them for safe sex if they express interest in sexual activity.
- ✚ Discuss “no means no,” consensual sex and legal ages, and how to say “no” without feeling guilty; often the partner who wants sex will make the other feel guilty.
- ✚ Provide discussion regarding sexual exploitation and sexual assault, especially with social media, but also with people who have authority over the youth.
- ✚ Develop a safety plan. Talk about dangers associated with intimacy and dating, and how to keep safe, protect oneself from harm, and find safety if needed.
- ✚ Discuss potential consequences for touching someone without their permission. Include adult persons of trust and influence.

Sources: New Brunswick Association for Community Living, Friendships, Feelings & Futures: Relating to Myself and Others

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Make Learning Enjoyable!

Every child and youth is different and has their own unique style of learning.

Find open, yet tangible ways to teach them about sexuality, relationships and other important facts about sex, such as trivia games and role plays. Be inventive. Put some fun into learning!