

## SEXUAL HEALTH – LET’S TALK!

Sexual health – do you really have to talk about it? **YES! Sexuality begins in early childhood and continues throughout the lifespan.** Your child is getting a sexual health education from TV, music videos, the playground and from friends. Wouldn’t you like it to be accurate? When asked, children say they want to learn about sexuality from their parents. **It’s important to talk to your child/teen about sexuality, not just sex.** Here are some tips to help you start the conversation:

- ◆ Explore your attitudes and communicate your values
- ◆ Start early and keep talking
- ◆ Take the initiative – don’t wait until they ask
- ◆ Find teachable moments
- ◆ Give accurate, age appropriate information
- ◆ Talk about more than the “birds and the bees”
- ◆ Assure your child he/she is normal
- ◆ When your child talks, listen

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- ◆ [www.viha.ca/children/youth/healthy\\_sexuality/default.htm](http://www.viha.ca/children/youth/healthy_sexuality/default.htm)
- ◆ [www.sexualityandu.ca](http://www.sexualityandu.ca)
- ◆ The McCreary Centre Society [www.mcs.bc.ca](http://www.mcs.bc.ca)

### Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490