

Expressing Healthy Sexuality



SEXUALITY

Our feelings, thoughts, attractions, and behaviors towards others.

Recognizing Abuse

- Talk to them daily, ask what's going on, and stay current on their activities.
- Pay attention to changes in behaviors. Could be natural maturation or indication that your child is experiencing a new, uncomfortable, or unsafe situation.
- If they disclose abuse, coercion, or manipulation, take their concerns **seriously!**

When They Have Questions

- Expect a conversation, not a quick answer.
- Assure them they came to the right place for good information.
- Remain calm, big reactions may make them regret bringing it up.
- Make solutions, strategies, and plans a collaborative effort to empower them.
- If unhealthy or inappropriate behaviors persists, make an appointment to see their teacher, coach, or staff member. Stay in contact with them to (re)assess the situation.
- Practice self-affirmation to boost self-esteem!

If They Don't Want to Talk

- Sometimes children don't feel comfortable talking to their parents about sexual topics, don't take it personally!
- If they have another trusted adult to talk to, it's better than no one.
- Encourage them to talk to trusted adults they are comfortable with and who will give them good information.
- Encourage an open environment where sensitive topics are welcome.

4 P's of Healthy Sexual Expression

- ✓ Permission
- ✓ Partner 18+
- ✓ Privacy
- ✓ Protection

Sexual Rights as Adults

Everyone 18+ (not subject to certain terms of conservatorship) has the *legal* right to have relationships and sex.

Likewise, every person has the *legal* right to say, 'NO!'

There are laws regarding how people may express themselves sexually; if they're broken, we can get into trouble



For more on
GET SAFE

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For more
resources

