

# Digicel Foundation and CKFTO present Puberty, Sex and Sexuality Programme

## Why Talk about Puberty and Sexuality

'To be human is to be sexual' Winder, 1983

*Sex education is needed by all human beings. Sex education ideally should begin at home. It should be developmentally appropriate and continuous throughout the lifespan. The goals of sex education are to impart basic information, teach skills necessary for overall health and well being, and to encourage positive attitudes towards sexuality.*

### **Why Should you Talk to your Child about Sexuality?**

- To ensure your child gets accurate information using language that is developmentally appropriate
- To pass on the values that you want your child to have
- To provide information that is positive
- To help your child be more independent and confident
- To help with the prevention and reporting of sexual abuse

### **Common Concerns Parents have:**

- Overt signs of sexuality
- Physical development during puberty
- Hygiene
- Fears of unwanted pregnancy
- Fears about sexually transmitted infections
- Embarrassing or hurtful situations
- Fear that their child will be unable to express sexual impulses appropriately
- Forming healthy meaningful loving relationships
- Targets of sexual abuse or exploitation

### **Sexual Education Encompasses:**

- Anatomy and Puberty
- Health and Personal Hygiene
- Individual thoughts, feelings, and behaviours
- Relationships and appropriate expressions of love
- The sexual response cycle and Reproduction
- Ethical, spiritual, and moral concerns
- Privacy, Safety and protective behaviours

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#### References:

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- Talking About Sexuality Tips for Parents. Sexuality and Disability Consortium. Retrieved on November 25th 2015 from: [http://ahs.uic.edu/media/uicedu/ahs/documents/dhd/sdc/TalkingAboutSexuality\\_factsheet.pdf](http://ahs.uic.edu/media/uicedu/ahs/documents/dhd/sdc/TalkingAboutSexuality_factsheet.pdf)