

Talk to kids about SEX

Kids are curious

You may not think so but kids, even young ones, are aware and curious about sex, and want to ask questions. So let them ask questions. Instead of waiting for the right time to bring it up, let your kid ask questions when they want and answer honestly and openly. You are a valuable resource.



Build Trust

When you are honest with your children about sex, and answer questions when they ask them, you are letting them know that they can trust you and that you are a good person to talk to if scary things happen, meaning that if something does happen, you will be keeping them safe, letting them know that you will help and will listen.



They will talk...

Young people of all ages talk to their peers to share and find out information. I'm sure a lot of your sex education involved talking to your friends.

So bear in mind that whatever you share with them will potentially be shared with their friends. So stay away from very personal information, or using slang or opinions, as these may be shared and influence other kids. So stay positive!



But it's embarrassing!!

You may feel embarrassed, and your child might be a little too, but there is nothing to be embarrassed about.

When talking about sex, people of any age are only as embarrassed as you are, so if you're relaxed and confident, then they will be too.



It's the school's job....

Many parents would rather the school teach their kids about sex education so they don't have to deal with the hassle, or perhaps they don't feel qualified enough to talk about sex. However, many schools have the policy that the parents are considered the primary educators when it comes to sex education and the school should only 'top up' knowledge. Schools are only required to teach the minimum, and because of time restraints and class sizes, many kids don't have their questions answered.

The only way to make sure that your child is getting good sex education is to talk to them.



What do I say?

What do they want to know? If you're not sure, of an answer, ask what your kid thinks. Hear their theories or what they have heard and have a discussion. Look things up together. You could be a valuable resource in distinguishing a good source of knowledge and a bad one, (e.g, porn or the nhs website). You don't have to be an expert but you can be an excellent guide.



More info?

Here are some really useful websites on sex education for young people. Have a refresher of your knowledge and pick up some ideas for topics to talk to your kids about.

<https://birdsandbeesandkids.com/sex-education-resources-parents-kids/>

<https://www.bigtalkeducation.co.uk/parents/>

<https://www.bishuk.com/>

