



# How To Talk To Your Kids About Healthy Sexuality

Healthy sexuality is not just about the act of sex. Sexuality includes both physical and emotional aspects and includes emotions, gender, sexual orientation, relationships, intimacy, and feelings as well as physiology and sexual intercourse.

- Start talking about sexuality when they are toddlers and continue talking about age appropriate issues throughout their teen years.
- Talk to your kids or grandkids before they learn from someone else.
- Create an open situation in which the child feels at ease coming to you when they have questions or concerns.
- Use teachable moments such as things you see on TV and in the media to start discussions.
- Be prepared. Gather facts on the topic from books, the Internet, or local community programs to have the correct information to share with your child.
- Be honest and direct with your information.
- Use words the child understands, if possible using the correct terms so the child feels comfortable using them.
- Share your own values and beliefs on the topic and let them know why you believe it.
- Listen to your child. Be careful not to preach or make judgments. It can close the door to further communication.

For more information : Call the Onondaga County Dept. of Aging & Youth  
at 315-435-2362 or [www.ongov.net/Aging\\_and\\_Youth](http://www.ongov.net/Aging_and_Youth)