



## MESSAGES FOR PARENTS 2-5 Years

### Normal Sexual Development

- Identifies self as a boy or a girl.
- Is curious about the genitalia of peers and adults of the same and opposite sex.
- Begins to understand the concept of privacy in relation to nudity and sexuality.
- Is able to understand the basic elements of human reproduction.

### Healthy Sexual Development

- Do not scold your child for demonstrating normal developmental behaviour such as talking about private parts or attempting to see other people when they are naked or undressing.
- Avoid instilling a sense of guilt or shame.
- Explain to your child that touching his or her genitals is a private act.
- Understand that your reaction to the opposite sex or nudity will influence your child's perception of sexuality, gender, and sexual behaviour.
- Answer questions honestly with the facts. Short answers are the best. Give only as much detail as the child asks for.

### Promotion of Sexual Health and Prevention of Sexual Abuse

#### *Teach your child:*

- proper names for body parts
- that his or her body belongs to him or her
- that he or she has a right to privacy
- the difference between appropriate and inappropriate touch
- that he or she should never be bribed or tricked to do things that make him or her uncomfortable

# Resources

The best time to start communicating healthy sexual information with your child is in the early stages of development. It is important that you become comfortable talking about sex with him or her. Your child may come to you with questions about sex, sexuality, and sex-related matters. Remember, you do not need to know all the answers, but you do want to be a reliable educator for your child.

To become more comfortable with discussions on sexual development, we encourage you to visit your local library or bookstores for books and DVDs. Remember to choose materials carefully; some may be more explicit than you thought. Think about the level of detail that would be good for your child's stage of development and his or her personal preference.

Below is a list of recommended websites:

1. Teaching Sexual Health for Parents  
<http://teachingsexualhealth.ca/parents>
2. Sexual Development and Behavior in Children:  
Information for Parents and Caregivers  
[https://www.nctsn.org/sites/default/files/resources/sexual\\_development\\_and\\_behavior\\_in\\_children.pdf](https://www.nctsn.org/sites/default/files/resources/sexual_development_and_behavior_in_children.pdf)
3. It's Easier Than You Think:  
Tips for Talking With Your Kids About Sexual Health  
<https://skprevention.ca/sexual-health/parents-as-educators/>