



MESSAGES FOR PARENTS 9-12 Years

Normal Sexual Development

- May undergo physical changes associated with puberty.
- May begin to show emotional, psychological, and social changes associated with puberty.
- May begin to experiment with dating.

Healthy Sexual Development

- Teach your child what to expect and how to cope with the changes of puberty.
- Teach your child to recognize and avoid risky social situations.
- Teach your child about healthy relationships.

Promotion of Sexual Health and Prevention of Sexual Abuse

- Encourage your child to tell someone he or she trusts if he or she has been or is being sexually abused, exploited, or bullied.
- Teach your child to maintain safety and personal boundaries when chatting or meeting people online.

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
3. It's Easier Than You Think:
Tips for Talking With Your Kids About Sexual Health
<https://skprevention.ca/sexual-health/parents-as-educators>