

Talking With Your Kids About Sexual Health

It's Easier Than You Think

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our goal is **healthy** children



Land Acknowledgment

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.



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Creating a Safer, Respectful Space

Group Agreements

- What is shared in the group stays in the group
- Participation is voluntary – share only what you are comfortable with
- Listen respectfully; different values and experiences exist
- Speak from your own experience (“I” statements)
- No judgment; give advice only when invited



You might be wondering:

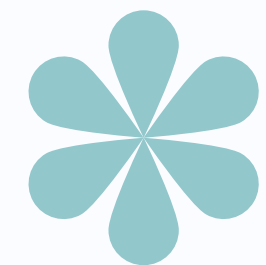
Are my children too young to talk about sexual health?

Why does this matter if I have young children?

How do I teach my children in an age-appropriate way?

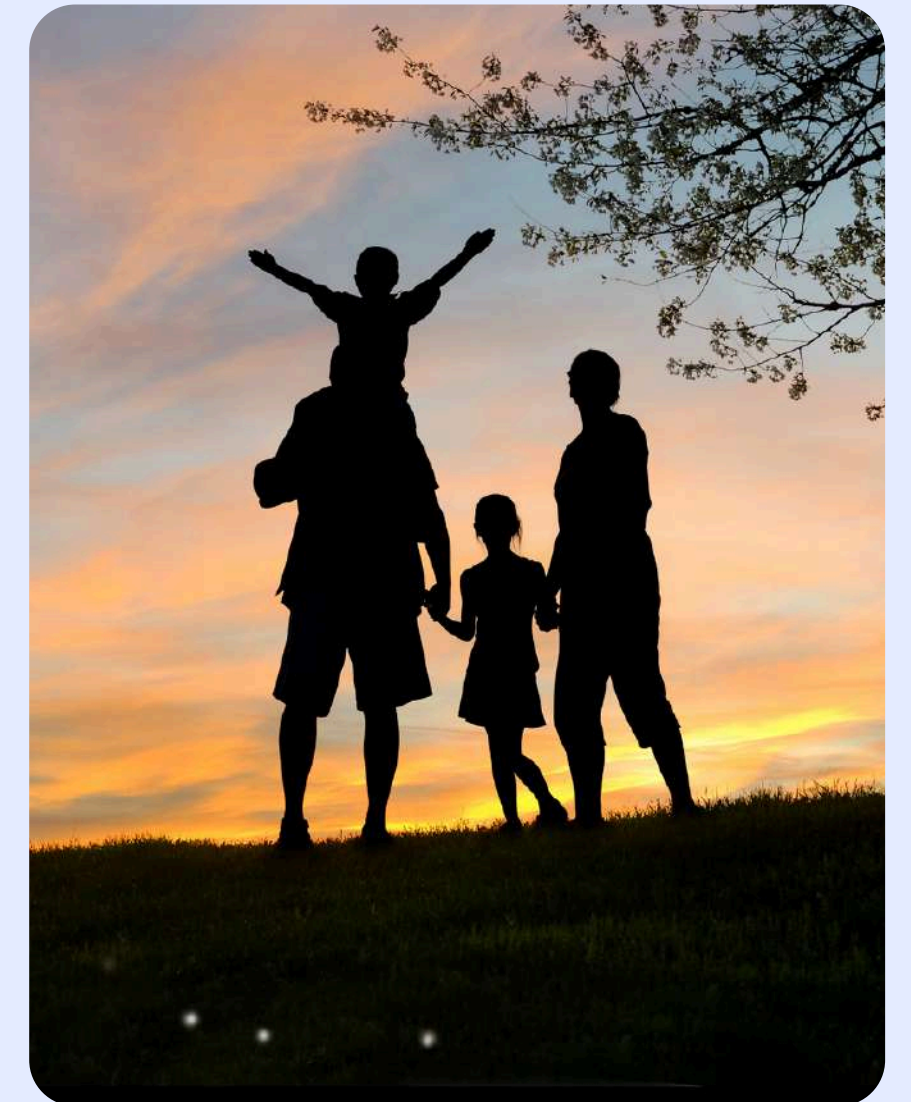
Why Parent Conversations Matter

- Children want to learn about sexual health from their parents
- Early conversations provide the basis for more difficult conversations later
- Benefits of parent-child communication:
 - Increased knowledge
 - Boundaries and healthy relationship skills
 - Abuse prevention
 - Stronger parent-child communication
- Parents shape values while also providing facts

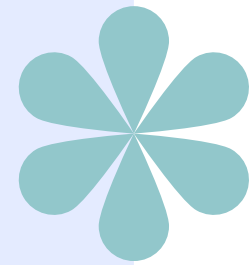


Why Parent Conversations Matter

- Saskatchewan youth have:
 - Higher STI rates than other provinces
 - The highest adolescent birth rate in Canada
- Children need accurate information *before* they are sexually active
- Research shows:
 - Sexual health education does not increase sexual activity
 - It delays sexual activity onset and reduces risk behaviours



Activity



What are your concerns about talking with your child about sexual health?

What messages did you receive about sex growing up?

What do you wish you had known when you were younger?

Communicate Your Values

- Clearly communicating your values and expectations supports healthier decision-making.
- Don't assume your child knows how you feel – be direct and honest.
- Think about why your values matter to you and share them honestly.
- Balance guidance and supervision with trust and open communication.
- Listen and stay open.



Start Conversations Early

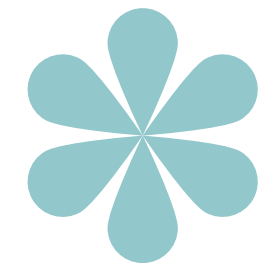
- Conversations ideally begin in early childhood
 - e.g., Use real names for body parts
- Teach boundaries and consent
 - e.g., “I’m the boss of my body”
- Share age-appropriate information, and use your child’s questions as a guide for how much to share
- It’s never too early or too late
- This isn’t “the talk” – it’s many small conversations over time



Practical Tips That Make It Easier

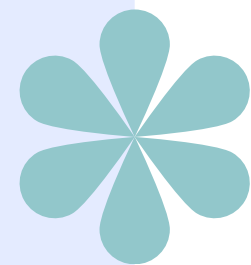
It's about consistency, not perfection!

- Use correct names for body parts
- Be honest – it's okay to not know everything
- Look for everyday opportunities (TV, music, news)
- Listen and stay calm
- Repeat conversations over time
- Use humour when appropriate
- Look to community and online resources for support



Interactive Activity:

turning everyday moments into learning opportunities



How would you turn an everyday scenario (e.g., TV scene, song lyric, pregnancy announcement) into a learning moment?

- Break out group questions:
 - How could you start a conversation?
 - What open-ended questions could you ask?

Examples:

- “What do you think about that?”
- “Tell me what you already know.”
- “I’m glad you asked me.”

Key Takeaways

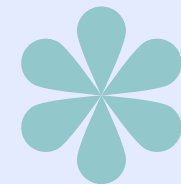
- Parents are powerful sexual health educators.
- Starting conversations early builds an important foundation.
- Conversations work best when they are ongoing, honest, and calm.
- You don't need to know everything – just be an approachable, safe, askable adult.
- Strong relationships make hard conversations easier.



Resources



- Saskatchewan Prevention Institute
 - Print resources and webinars
 - skprevention.ca
- Teaching Sexual Health
 - <https://teachingsexualhealth.ca/parents/>
- Sexandu.ca



Thank you!

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