

SEXUAL HEALTH – LET’S TALK!

Sexual health – do you really have to talk about it? Your child is getting a sexual health education from TV, music videos, the playground and from friends. Wouldn’t you like it to be accurate? When asked, children say they want to learn about sexuality from their parents. Here are some tips to help you start the conversation:

- ◆ Explore your attitudes and communicate your values
- ◆ Start early and keep talking
- ◆ Take the initiative – don’t wait until they ask
- ◆ Find teachable moments
- ◆ Give accurate, age appropriate information
- ◆ Talk about more than the “birds and the bees”
- ◆ Assure your child he/she is normal
- ◆ Listen

For more information contact:

- ◆ Your local Health Unit
- ◆ BC Nurse Line (1-866-215-4700) a free call
- ◆ Prevention Services www.viha.ca/prevention_services/healthy_choices.htm

Health Units:

Esquimalt	360-5600	Salt Spring Island	538-4880
Outer Gulf Islands	539-3099	Sooke	642-5464
Peninsula	544-2400	Victoria	388-2200
Saanich	744-5100	West Shore	478-1757