

Child Care Training and Resource Kit

Healthy Sexual Growth and Development

Overheads

Guidelines for Answering Children's Questions About Sexuality

- Let child know that you are glad they asked you for the information
- Set up the opportunity for future communication
- Remember, sexuality education can be an everyday part of life and is a life-long process

Children's Questions

- When asked, always try to answer.
- Answer the question that was asked; don't add a lot of other information.
- Don't answer with myths or untruths.
- Use simple, yet accurate terms.
- Don't exclusively talk about animals or plants when the child has asked about people.

Children's Questions (cont.)

- Talk about feelings and values, as well as the facts
- Be patient; be consistent
- Be and active listener
- Keep the child's age and understanding level in mind.
- Acknowledge if you
 - don't know the answer
 - are embarrassed or uncomfortable
 - are caught "off-guard"

MASTURBATION

- SEPARATE:
 - Fact/Myths
 - Feelings
 - Opinions/Values
- Is Normal Human Behavior
- Rarely Emotionally Harmful
- Has a Privacy Element
 - (Rules for when, where)
- Influence of Habit and Stress on Frequency as Soothing Behavior