



START YOUR CHILD

ON A

PATH TO BUILDING

HEALTHY

RELATIONSHIPS



#SAAM

Parents of young children

It's important to demonstrate healthy personal boundaries with your child early on. Age-appropriate lessons about boundaries and consent can help shape your child's values.

Support your child's healthy development:

- Respect your child's right to make choices about their body. *For example, don't make them hug someone they don't want to.*
- Encourage your child to respect the choices of others. *For example, tell them to ask their friends if it's okay before giving hugs, holding hands, taking pictures, etc.*
- Teach your child the correct names of all their body parts, including their genitals. This information empowers children to know their bodies and better understand development.

RESOURCES

A Safer Family. A Safer World: bit.ly/CSAFlipbook

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DISCUSS HEALTHY SEXUALITY



WITH



YOUR TEENAGER

TO CONTINUE

— THE —

JOURNEY



#SAAM

Parents of young adults

As your son or daughter enters their teenage years, it's important to discuss healthy sexuality.

Help your teen develop healthy attitudes about sexuality:

- Talk openly about sexuality and development. *Say things like, "It's normal to have a lot of questions. It might feel uncomfortable at first to ask but I'd rather you hear information from me."*
- Practice how you could respond to questions that might make you uncomfortable. *For example, what would you say if your daughter asked about birth control?*
- Look for opportunities in pop culture to continue the conversation about healthy relationships. *For example, when you're watching TV together, point out examples of positive relationships.*
- Talk frequently about consent. *You can say, "Consent should be freely given. If you pressure someone, that isn't consent - even if they haven't said 'no.' That applies in real life, online, and in texts."*

RESOURCES

100 Conversations: www.100conversations.org

