

## Talking to your kids about sexuality

Studies show that talking to your child frequently about sexuality throughout their childhood can improve their feelings of self-worth and can also increase the likelihood that they will feel comfortable coming to you for questions or advice later on in life.



It is important to be honest with your children while still being mindful of the age & stage they are at. Use the proper words for body parts and answer their questions in a way they can understand.



Talking to our kids about sexuality is not always easy. Visit our website at [TBDHU.COM/sexuality](https://www.tbdhu.com/sexuality) for resources, suggestions and tips.

Find us on Facebook and follow us on Twitter: @TBDHealthUnit

[TBDHU.COM](https://www.tbdhu.com)



Thunder Bay District  
**Health Unit**