



Care for Kids Healthy Sexuality Messages

Child sexual abuse is something we wish would go away. To make children less vulnerable to abuse, we need to teach them to talk to us about sexual questions they have. To do this, they need to learn proper body part names. They need to see that parents don't get angry or upset when they ask about "privates", babies, and touching. If you have questions or need help, call the Peterborough County-City Health Unit Family HEALTHline at 743-1000.

Key Messages for Kids:

Themes:

Bodies	Our bodies are good and special (including the genitals). Our bodies deserve respect. Girls and boys have many body parts that are the same, and a few that are different. The parts that are different are often called "private". These parts have names (i.e. penis, vulva).
Babies	Babies need a lot of help and deserve to be loved and looked after. Children, as they grow, can do more for themselves, but they still need help with some things.
Feelings	Everyone has all kinds of feelings and they are all okay. When you don't know what you're feeling, or you have more than one feeling at the same time, we call that "mixed up". When we feel mixed up about anything (including touching, secrets, feelings, private parts), we can ask for help.
Touching	Sometimes we liked to be touched and sometimes we don't. It's okay to say no to touching. We don't touch a person who says "no" to touching, or does not look happy about being touched.
Bath and Bedtime	Sometimes children need to help with washing and wiping of "private parts", but that is not the same as playing with them. Adults and older children have no business playing with children's "private parts". Adults and older children do not need help from children with their "private parts".
Secrets and Surprises	Sometimes we like to keep a secret, sometimes we don't. When we are "mixed up" about a secret, we can ask for help. Three or four adults (at home or at school) I can ask for help from are: (specific names of people who are readily available to the individual child). Touching is never a secret.

"Healthy Sexuality Messages" was developed and made available by
Leeds, Grenville, and Lanark District Health Unit.

