



**From the Birds & the Bees
to Netflix & Chill:
*Talking About Relationships, Sex, and
Consent***

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What do you remember about the talk?

Why do we need to teach this?

What do you want your child to experience in future relationships?

Signs of a healthy relationship:

- Trust
- Respect
- Communication
- Safety
- Equality
- Kindness
- Support
- Independence
- Conflict Resolution
- Fun

Video: <https://www.youtube.com/watch?v=UB9anEZx9LU>

Power and boundaries:

Power - A person's ability to control or influence the behaviour of another

Boundaries – Rules we set regarding our expectations on how we wish to be treated

Signs of an unhealthy relationship:

- Control
- Humiliation
- Unpredictability
- Lack of Safety
- Pressure
- Dishonesty
- Inability to be yourself

Abuse:

Emotional Abuse:

Physical Abuse:

Sexual Abuse:

How do you know when your message is understood?

Active listening: eye contact, paraphrasing, avoid interrupting, nonverbal signs of interest, avoid judging, focus

Only 7% of our messaging is actually communicated through our word choice! (Mehrabian, 1971)

Video: <https://www.youtube.com/watch?v=RVqjzzfCEk0>

Resolving Conflict:

1. Speak for yourself

2. Honestly express boundaries

3. Listen

4. Explore areas of compromise

5. Find the right time

6. Set boundaries

7. Focus in the real issue

8. Agree to disagree

Video: https://youtu.be/gu8gSuF_lvw

Role Models: Consider the relationships your child sees through yourself, other loved ones or the media. Are they showing characteristics we want to teach our children?

What do you wish you had learned about sex when you were younger?

Preschoolers

Anatomical terms:

- Penis
- Vulva
- Vagina
- Nipple
- Testicle
- Breast
- Scrotum
- Anus

Introducing Sex and Procreation:

Introducing Puberty:

Bodily Autonomy:

Video: <https://www.youtube.com/watch?v=EinNeciMgpQ>

What were you taught about gender roles in childhood?

Gender Equality:

School Aged Children

Video: <https://www.youtube.com/watch?v=a3MyLt6l5n0>

Puberty:

Pregnancy:

Gender:

STIs:

Teenagers

Safe Sex Practices:

Different Types of Sex:

Accessing Healthcare:

Video: <https://www.youtube.com/watch?v=4Qyp-7ZfmPM>

Alternative ways to get pregnant:

***Talk to your teenagers about abortion. This is your opportunity to discuss your values and beliefs around the topic with them.**

Enjoyment:

Link: Are they ready for sex - https://www.scarleteen.com/article/relationships/ready_or_not_the_scarleteen_sex_readiness_checklist

Masturbation:

Pornography:

Gender Identity:

Sexual Orientation:

***All people have the right to be educated on their bodies and sexuality. Those with disabilities should not be excluded.**

Consent

Video: <https://www.youtube.com/watch?v=fGoWLWS4-kU>

Video: <https://www.youtube.com/watch?v=h3nhM9ULJjc>

Elements of Consent

- Enthusiastic
- Clear
- Ongoing
- Freely given
- Sober

Ways to say No

- “No”
- “I’m not sure about that”

- “I’m scared/worried”
- “I’d like to but...”
- “Please don’t”
- “Stop”
- Avoiding eye contact
- Pushing away
- Shaking head no
- Crying
- Looking scared
- Freezing
- Closed body language

Handling Rejection:

The age of consent in Canada is 16 – Please refer to additional handouts from the Sexual Assault Centre of Edmonton for exemptions

Teaching when Triggered:

When a co-parent is not on board:

If your child talks to others:

Empowering your children to help:

Responding to your children:

Websites:

- amaze.org
- canadianredcross.ca
- genderspectrum.org
- kidshelpphone.ca
- loveisrespect.org
- pflag.org
- plannedparenthood.org
- respectability.org/resources/sexual-education-resources
- scarleteen.com
- stopitnow.org
- sexpositivefamilies.com/resources/

Books:

- Sex Positive Talks to have with Kids - Melissa Pintor Carnagey
- The New Speaking of Sex - Meg Hickling
- It's not the stork - Harris and Emberley
- It's so amazing - Harris and Emberley
- S.E.X. The all you need to know sexuality guide (2nd ed.) - Heather Corinna
- Consent: The New Rules of Sex Education - Jennifer Lang
- You and your gender identity – Dara Hoffman-Fox