

What Your Children Need To Know And When They Need To Know It

This checklist is intended to provide parents with guidelines around what to teach their children and when. Saleema Noon Sexual Health Educators endeavor to cover all topics in bold during their presentations to elementary school children.

PRESCHOOL CHECKLIST (K-Gr.1)

Your preschooler needs to know:

- That they have ownership of their bodies**
- Scientific words related to sexual health – vagina, vulva, clitoris, penis, testicles, erection, etc.**
- That reproduction usually happens when a man’s sperm joins a woman’s ovum by sexual intercourse, but that there are many different ways that families are formed. All families are unique.**
- That the baby grows in the uterus (not the stomach)**
- That the baby is usually born through the vagina**
- Not to pick up condoms or needles**

PRIMARY CHECKLIST (Gr. 2-3)

Your primary child needs to know everything preschoolers need to know, plus:

- The basics about menstruation (periods) and nocturnal emissions (wet dreams) as clean and healthy processes**

INTERMEDIATE CHECKLIST (Gr. 4-5)

Your intermediate child needs to know everything the previous age groups have learned, plus:

- The responsibilities that come with the decision to be in a sexual relationship**
- Basic information about sexually transmitted infections (STIs)**
- The different ways that families are formed, and that all families (single parent, blended, divorced, gay, adoptive) are deserving of respect**
- That homophobic language, jokes and attitudes are unacceptable**
- All about physical and emotional changes at puberty**

Parents should also discuss the following topics:

- The false and exaggerated sexuality portrayed in pornography and the exploitation of participants
- Internet and cellphone safety
- Media literacy and its effect on body image and self esteem

INTERMEDIATE CHECKLIST (Gr. 6-7)

- The fact that most teens are not sexually active**
- The different types of sexual activity (including cyber sex / sexting) and the responsibilities that come with each**
- The importance of weekly testicular self examinations**

ADOLESCENT CHECKLIST (Gr. 8-12)

Your adolescent child needs to know everything the previous age groups have learned, plus:

- The proper use of contraceptive devices, and their rates of effectiveness
- Availability and access to community sexual health resources
- An understanding of healthy vs. unhealthy relationships
- An understanding of their personal sexuality-related values and boundaries
- Effective relationship and communication skills
- Effective refusal and assertiveness skills
- Confidence when going to a doctor, what to expect during a pelvic examination

THE SEXUALLY MATURE ADULT

- Has a respect and understanding for society’s laws and boundaries around sexuality
- Makes sexuality-related decisions based not only on accurate information, but on respect for oneself and others involved, and on one’s personal, religious and cultural beliefs and values
- Has no physical or emotional exploitation in his/her intimate relationships
- Does the self-examinations our doctors expect us to (breast every month, testicular every week)

Smart decisions start here.

