

Here are some ways you can talk about sexuality with your children:

“Yes, daddy has a penis just like you.”

“Touching your penis/vagina is normal and it is best to do that in private in your own room.”

“Mommy has blood because she has her period. You will have a period too when you are grown up.”

“No, boys are not smarter than girls (or reverse). One boy can be better at something than a certain girl, or a girl can be better at something than a boy. Every child is different.”

When an older, more powerful person forces a child to engage in sexual activity, this is not sex play.  
**It is sexual abuse.**



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Version française disponible



**Normal  
Sexual  
Development**



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

You may notice sexual behaviour or curiosity in your small child.  
**This is normal and healthy!**

## What you may see from birth to age 5:

- ▶ Touching or playing with the penis or vagina.
- ▶ Erections in boys.
- ▶ Rubbing penis or vagina against a toy or blanket, orgasm and then relaxation.
- ▶ Questions such as "Why is daddy's penis bigger than mine?"
- ▶ Looking at and touching the breasts and genital areas of adults they know well (in curiosity or teasing).
- ▶ Learning of sex words, bathroom words, swear words (may use them to shock adults or impress friends).
- ▶ Questions about where they came from.
- ▶ Sex play with friends (non-forced).
- ▶ Desire for privacy starting at around 4 or 5.



## Here is how to help your child be comfortable about their sexuality:

- ▶ Do not act disgusted when changing diapers.
- ▶ Use proper names for body parts (penis, vagina, uterus, testicles).
- ▶ Explain what kind of touch is positive and what kind is not acceptable.
- ▶ Start talking about sexual subjects early. This way you can get practice and be more relaxed.
- ▶ Answer questions with simple information.
- ▶ Be honest.
- ▶ Keep trying.