

saskatchewan
preventioninstitute
our goal is **healthy** children

Understanding Healthy Sexual Development in Children

OUR MISSION

Our mission is to reduce the occurrence of disabling conditions in children.

The Saskatchewan Prevention Institute focuses on Primary Prevention:

- Education
- Information Services
- Community Development
- Research and Evaluation
- Communications

PARTNERS IN PREVENTION

- Government of Saskatchewan
- Kinsmen Telemiracle Foundation
- Saskatchewan Abilities Council
- University of Saskatchewan
- Community-at-Large

HISTORY

The Saskatchewan Prevention Institute was formed in 1980 as a non-profit, provincial organization.

PROGRAM AREAS

- Alcohol, Tobacco, and Other Drugs
- Child Injury Prevention
- Early Childhood Mental Health
- Maternal and Infant Health
- Parenting Education
- Program Partners
- Reproductive Health

Introduction

Sexual health development, including sexual health behaviours, is part of normal child development.



Introduction

Parents' role as primary sexual health educators of their children is vital in the development of informed and confident young people.



Introduction

There is a need for parents to introduce sexual health education at an early age. This increases the confidence and comfort of parents and children to talk about sexual health when the children grow to become adolescents.



Role of Healthcare Professionals

Healthcare professionals can provide support for parents to understand children's sexual development.



Role of Healthcare Professionals

Healthcare workers have the responsibility to provide accurate information and positive guidance in ways that are developmentally appropriate for young people.

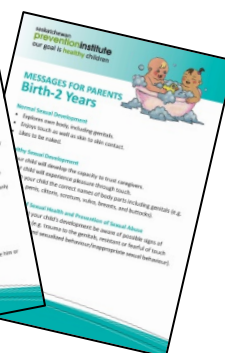
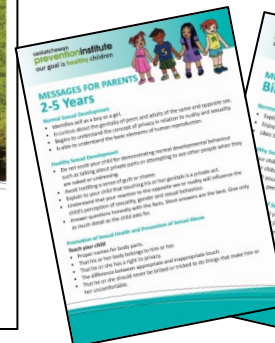
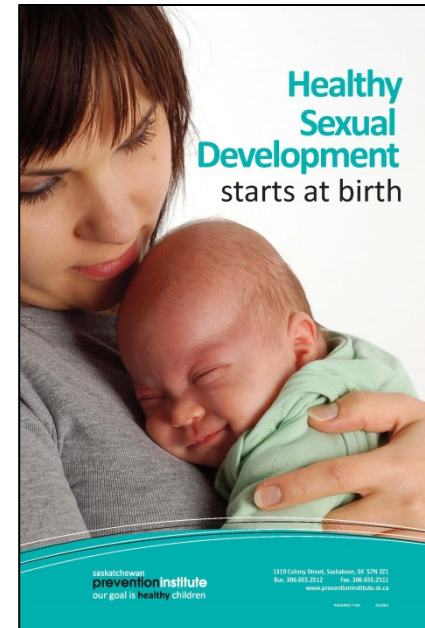


Remember:

The building blocks of sexual health are laid throughout childhood.



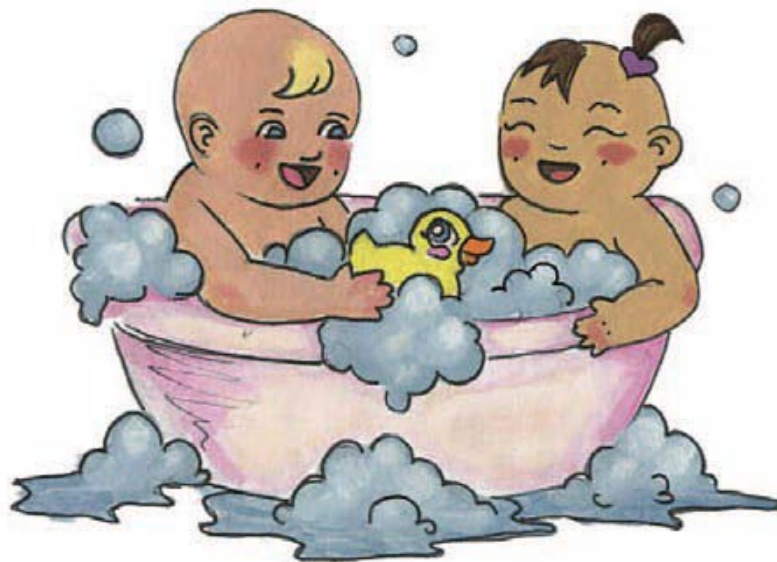
Saskatchewan
Prevention
Institute has
developed
resources for
parents and
health
professionals' use, to promote
healthy sexual
development of
children.



Birth - 2 Years

Normal Sexual Development

- Explores own body, including genitals.
- Enjoys touch as well as skin to skin contact.
- Likes to be naked.



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2-5 Years

Normal Sexual Development

- Identifies self as a boy or a girl.
- Is curious about the genitalia of peers and adults of the same and opposite sex.



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5-8 Years

Normal Sexual Development

- Begins to participate in curiosity based sex role play with the same or opposite sex friends.
- Develops sense of gender identity (understanding that they are male or female).



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9-12 Years

Normal Sexual Development

- May undergo physical changes associated with puberty.
- May begin to show emotional, psychological and social changes associated with puberty.



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13-16 Years

Normal Sexual Development

- May become sexually active.
- May be preoccupied with body image.
- May be preoccupied with sexuality (e.g., interest in sexual media).



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Important Notes for Parents

- The best time to start communicating healthy sexual information with your child is in the early stages of development.
- To become more comfortable with discussions on sexual development, we encourage you to visit your local library or bookstores for books and DVDs.

References

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