



## Talking about sex with your children and teens

How did you learn about sexuality? How do you want your children to learn about sexuality? What do you want to teach your children and teens?

You pass your values onto your children about many things. Take advantage of opportunities to share your values about sexuality. For example, when watching a movie or TV ask your child what they think about sexual messages in the media. Not discussing healthy sexuality allows others, like peers, to influence your children's values.

Need help or more information? Visit [publichealthgreybruce.on.ca/Your-Health/Sexual-Health](http://publichealthgreybruce.on.ca/Your-Health/Sexual-Health)

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