

How to be an Askable Parent

Sexual health is not just about sex—it includes the roles, behaviors, and values people associate with being a man or a woman. Educating a child about sexual health is an important part of his or her healthy development. Their early understanding of sex, love, intimacy and their own sexuality can help mold their values, behavior and even their self-image for a lifetime.



Does your child feel its ok to talk with you about sex and sexual health? If not, have you thought about who will answer your child's questions? Only you can tell your child that it's okay to ask you questions. You want to become askable! After all, you are your child's first and most important teacher. Loving and caring parents actively discover a child's needs for information and then find ways to fill those needs. Even adolescents in their mid-teens are still learning from you.

Traits of an Askable Parent

- * Shows respect, value and love for children
- * Realizes that every difficult situation is not a crisis
- * Wants communication but does not expect to have all the answers
- * Knows the most important part of communication is listening
- * Doesn't laugh when a child asks a question
- * Sometimes embarrassed by questions, acknowledges the discomfort and explains it to the child.
- * Remember, the subject of sex should not be just a onetime conversation.

