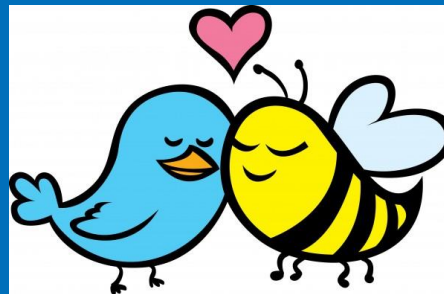


“the birds and the bees”



European School the Hague 2022

Katinka Wakker, CJG school nurse
Carla van Blitterswijk, GGD Haaglanden

- * Introducing Katinka & Carla
- * Getting to know the parents
- * General information about sexuality
- * Sexual development according to age
- * 11 tips

Before we start...

it's personal
it's necessary

Some rules:

- confidentiality
- being open or not is both okay
- boundaries



Sex education?

What is part of sexual education?

knowledge, attitude and skills

But also self esteem, assertiveness, friendships, love, relationships, social rules and being able to make better choices towards sexuality and relationships.

Why?

- sexual development starts at birth
- children are curious about sexuality
- need for boundaries, rules, information and support
- norms and values
- it's considered taboo but daily news
- prevent problems like unacceptable behaviour now and later on in life

Why? part 2

Sexual education: parents & school make a good team

- December 1, 2012 attainment targets
- compulsory lessons about sexuality and sexual diversity because:
 - it's everywhere
 - broad social view
 - safe and respectful society

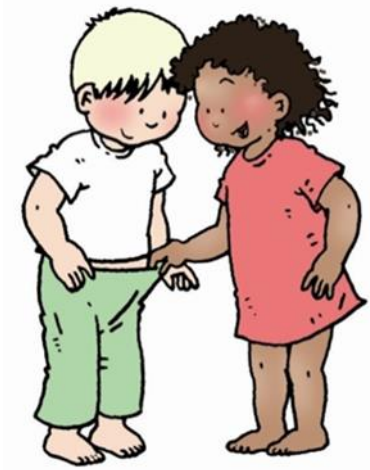
Babies 0-1 years old

- discover the world through their senses
- discover their body by looking and touching
- love to cuddle, it makes them feel safe.



Toddler 2-3 years old

- boy or girl
- curiosity
- 'provocation'
- no feelings of shame



Children 4-6 years old

- learning the rules
- playing doctor and nurse
- friendships
- in love ❤️



Children 7-9 years old

- shame and privacy
- asking less questions about sex(uality)
- feeling uncomfortable about being naked
- play in separate boys / girls groups
- fantasize about being in love and dating
- first crush...



Children 10-12 years (1)

- pre puberty
- the start of changes both physical and mental
- girls
- boys
- hormones

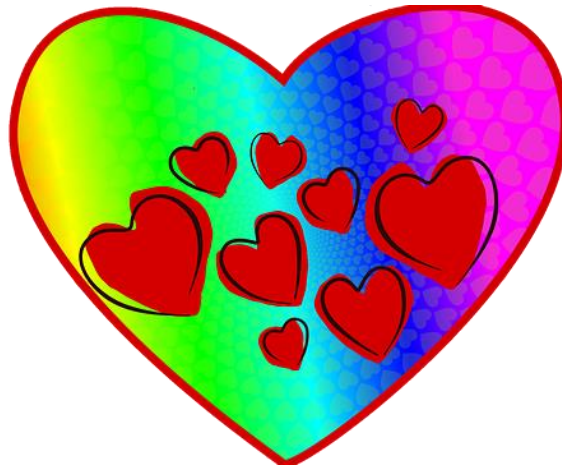


Children 10-12 years old (2)

- insecure about physical changes
- friends become more important
- interest in mature sexuality
- first boyfriend or girlfriend



11 tips on how to talk about sexuality with your child



1.

Don't have 'the talk'

- it's an ongoing process throughout many years
- short talks are more effective

2.

Role model

- YOU are their role model not Kim Kardashian or Drake

3.

Oops, idk....

- you don't need to know all the answers
- good question, let's google that
- your own boundaries

4.

Use current events

- marriage
- divorce
- pregnancy
- news / tv program
- social media
- something a friend said

5.

Avoid eye contact

- car or bike ride
- doing dishes
- walking the dog
- fixing a flat tyre
- gaming

6.

Using books, illustrations, flyers (or even YouTube)

- gets the conversation started
- supports your story
- finding the right words

7.

Own opinion

- encourage them
- ask what they know
- listen carefully
- other opinions matter too

8.

Privacy

- sign of independance

9.

Use humour

- takes tension away

10.

Be involved

- tv, internet
- ask open questions
- don't disapprove of everything

11.

Show you care

- compliments
- show your love
- different approach:
 - self esteem
 - positive self image
 - assertiveness
 - when in trouble

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