

LET'S TALK

Personal Safety

WITH OUR KIDS!



Tips for Successful Discussions

ANSWER QUESTIONS AS THEY ARISE.

WHY IS IT IMPORTANT?

Children are curious about sexuality and will seek information from the internet or peers if not receiving it from guardians and educators.

IDEAS FOR PARENTS/GUARDIANS

- If unable to answer say, “we can discuss that at another time,” and bring it up when you have the information or privacy you need to answer.
- Consider presenting masturbation as a safe alternative.

TAKE OPPORTUNITIES THAT COME UP IN DAILY LIFE TO TALK ABOUT THINGS KIDS SEE IN MEDIA.

WHY IS IT IMPORTANT?

Children are exploring what is appropriate sexual behaviour and need guidance.

IDEAS FOR PARENTS/GUARDIANS

- Talk about why there are content warnings and age ratings on TV shows, movies, games, etc.
- Ask your child to share what they are seeing online.

Check out:

- [Mediasmarts links](#)
- [Programs & Initiatives: ProtectKidsOnline.ca](#)

INCLUDE A VARIETY OF PERSPECTIVES WHEN SELECTING BOOKS FOR YOUR CHILD.

WHY IS IT IMPORTANT?

Children love learning! Reading about kids who may be different than themselves is a great way to open discussions about acceptance and friendship.

IDEAS FOR PARENTS/GUARDIANS

- Ask for recommendations from the local library.
- Look for books with a variety of main characters from different backgrounds and experiences.
- Read the books your children are reading to start conversations.

TALK WITH YOUR CHILD'S TEACHER ABOUT WHAT IS BEING TAUGHT TO HELP ANSWER QUESTIONS AT HOME.

WHY IS IT IMPORTANT?

By knowing what is being taught, you can support additional questions that arise and have time to gather information.

IDEAS FOR PARENTS/GUARDIANS

- Check out the curriculum for Personal Wellness 3-5 [here](#).
- Listen to your child about what they are learning and ask questions to help them understand new things.
- Make an appointment with your child's teacher to work together when a child needs more information.

BE OPEN TO DISCUSSING QUESTIONS THAT ARISE AND HOW THEY RELATE TO FAMILY AND CULTURAL VALUES.

WHY IS IT IMPORTANT?

Family and cultural values play a large part in understanding what they are learning.

IDEAS FOR PARENTS/GUARDIANS

- Involve children in age-appropriate discussions regarding family and cultural values on a regular basis.
- Talk away ways to respect family and cultural values that may be different from their own.

Check out:

- [Diversity and Inclusion in Schools – MCAF](#)
- [Policy 703 - Positive Learning Environment \(gnb.ca\)](#)
- [Policy 322 – Inclusive Education](#)
- [NB Human Rights Act](#)

ENCOURAGE YOUR CHILD TO SET BOUNDARIES WITH ADULTS AND PEERS REGARDING PERSONAL SPACE.

WHY IS IT IMPORTANT?

Empowering children with knowledge about personal safety and boundaries can help reduce their risk of victimization (protectchildren.ca).

IDEAS FOR PARENTS/GUARDIANS

- Discuss that consent means giving permission for something to happen.
- Model by asking permission for hugs and respecting when children say no. [Teaching Consent | Safe Secure Kids](#)
- Watch [Youtube: Consent for Kids](#) with your child to start a conversation.

Check out:

- [Resources & Research: Keeping Kids Safe – protectchildren.ca](#)
- [Consent - Parents | Teaching Sexual Health](#)
- [6 Resources to Help Parents Talk to Kids About Consent | National Sexual Violence Resource Center \(NSVRC\)](#)

