



# 10 Tips on Raising a Sexually Healthy Child

1. **Let your child know they can trust you** and come to you even when they make mistakes.
2. **Know your children's friends and their families.** Friends have a strong influence on each other.
3. **Answer questions honestly!** Tell your children what they want to know using words they can understand.
4. **Be patient.** The same question may be asked again and again.
5. **Start conversations and be a good listener.** Regularly make time to spend together.
6. **Do not use myths and fables.** Don't talk about animals and plants when children want to talk about people.
7. **Inform your child about sexual assault** in the same manner you would warn them about other dangers.
8. **Help your child learn how to make good decisions** and how to stand by them.
9. **Know what your children are watching, reading, and listening to.** Current media images are full of negative messages.
10. **Share and model desirable sexual values, attitudes, and behaviors.** Your examples are the most powerful messages you can provide.