**Sexual Health Information Session for Parents**

**Information sheet for school:**

* Presented by Vanessa Hamilton, a Bell Primary Mum and Sexual Health Educator.
Vanessa has more than 19 years experience as a Sexual Health Nurse, Secondary School Educator and University Lecturer.
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* An information session for parents and carers of primary school aged children focusing on how to teach children about Sexuality
* By primary school age children have already been exposed to sexuality messages by the media, modern technology and their peers
* Sexuality is the only aspect of health where kids are often not educated about or encouraged to take care of themselves

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|  **What will the session provide?** |  **What topics are covered?** |
| * Information about Puberty, technology, same sex attraction, age appropriate behavior, emotional and physical intimacy
 | * Focusing on Respectful Relationships
* Essential Sexual Health Information for parents
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| * Information and skills for parents to have open, honest and age appropriate discussions with children about sex and sexuality
* Ideas for parents on how to teach children in a positive way, which will promote healthy sexuality from childhood onwards
 | * Identifying parents own values & beliefs and how they may be conflicted
* Tips for addressing curiosity and questions related to sexuality
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