



## A HOME WHERE

1. there is mutual respect between the husband and wife;
2. conflict is resolved via an exchange of opinions (and sometimes an agreement to disagree);
3. the couple enjoys and shares their sexuality;

offers the basic tools for healthy sex education.

First, the couple must be reconciled with their own sexual history. Wounds and mistakes of the past need to be faced, sometimes with the help of a professional counselor. The honesty and transparency required for this conversation will set the stage for healthy family communication.

The sex education we offer at home will sometimes be spontaneous (i.e., taking advantage of a provocative billboard to analyze the message it transmits) and teaching the distinctions between male and female.

The job of teaching equality, identity, respect and value begins when we bring our baby home, and never ends. Don't get weary, Mom or Dad, from investing in your son or daughter!



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A not-for-profit organization.

We are at work in thirteen countries to prevent commercial sexual exploitation (CSE)

Through education we offer children the chance to experience sexual serenity: having trustworthy information and exercising agency to make healthy choices about our sexuality.

The formation of our children into responsible persons will contribute to the peace and harmony of our communities. Recognizing the inherent value in every individual will help to contribute to a society without exploitation.

*Congratulations on being a change agent!*



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HEALTHY  
*sexuality*

By stages of development

*Sex education doesn't begin with puberty, it begins when we bring our baby home from the hospital*

Sex education is not the job of the government, church, school, television or internet – although each of these contribute to it. Sex education is the family's responsibility.

Sex education is part of an intentional, holistic formation of the body, mind and spirit.

Wise parents educate with precepts and principles, teaching self-worth and appreciation for others.



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## Pre-school

Secure your child's sexual serenity by protecting him or her from physical and emotional aggressions, both the virtual and real-life ones.

Teach the difference between private and public parts. Begin with the anatomically correct names of their private parts. This provides an essential foundation for maturing and growing in healthy sexuality.

As a family, we learn to identify our feelings; the pretty ones, the ugly ones, the ones that scare or worry us or make us celebrate.

We have a right to firmly say "NO" if anyone asks us to do something we're not comfortable with or scares us.

Sexual curiosity is natural. Respond with patience, educating about privacy – both theirs and that of others. At this age, it's enough to simply respond to your child's questions. Give him or her a short reply using simple words he or she will know.

The power of healthy attachment cannot be overstated. Look into your child's eyes when they talk. Listen actively. Be available and present.



## 5-8 years

We grow in lots of ways: physically, mentally, emotionally and spiritually.

Every part of our body was designed for a purpose. We should respect our own bodies and take care of them.

Continue using anatomically correct names for body parts, especially as you discuss reproduction. This avoids confusion and empowers children to lead in discussions with their peers.

Celebrate diversity: girls are different from boys in lots of ways, and just like them in others. Curiosity is a good thing, and children deserve to learn about the opposite sex while maintaining healthy limits.

We all have feelings and can express them respectfully.

Our children will spend many hours away from our supervision. It's important to LISTEN to what they are learning and experiencing, help them develop healthy filters for understanding their world and forming their own opinions.



## 9-12 years

This stage brings lots of change. Children deserve to know the biological changes their bodies go through in puberty, as well as potential risks both online and in person. If we've established open communication since early childhood, this period can be much more enjoyable.

Porn will be your child's sex ed if you don't step up.

Sexual intimacy is a marvelous gift which should be enjoyed when our brains have matured sufficiently to contribute to a healthy, committed relationship. Understanding what "no" means, when and how to say it, as well as how to hear it, are powerful assets.

Growing in integrity means the inner pressure (who I am and what I want and believe) equals the exterior pressure (from culture, my friends and the media). Share with your child how you process decision making. What makes a good choice or a bad one? What filters do you use? Our children should exercise increasing degrees of independence, but with plenty of feedback from their parents and mentors.