

February – Sexual health

Healthy childhood and youth development includes sexual health.

Learning about sexual health, including understanding your body and its changes, health conditions, personal hygiene, healthy relationships, consent and sexuality, are all part of growing up. Talking about sexual health can allow young people to identify their values and develop skills that promote healthy decision making and sexuality.

How do I teach my child about sex and sexuality?

Beginning to talk to your children, as early as pre-school age, about sexual health is important. Establishing an open and trusting relationship with your child will help them know they can come to you for honest answers to their questions about sex and sexuality.

For help on how to talk to your child and what to include about sexual health take a look at the following information: [Sexual education for children – Fraser Health Authority](#)

Learning about sexual health also means understanding sexual orientation and gender identity (SOGI). Look at these two resources for more information: [Sexual orientation, gender identity and gender expression; Parents' Guide to SOGI in Schools / SOGI 1 2 3](#)

Youth clinics

Let your child know about our youth clinics. These clinics are located across the Fraser Health region and provide free, confidential information and education regarding sexuality and health to youth up to 21 to 24 years old (age varies by site). Learn more about the services available at youth clinics: [Youth clinics - Fraser Health Authority](#)

February social media posts:

Facebook

Healthy childhood and youth development includes sexual health. Visit Fraser Health's website to learn about opening up a dialogue with your child to support their sexual education at any age: [Sexual education for children – Fraser Health Authority](#)

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Fraser Health has tips on how to talk to your children about sexual health – an important part of child and youth development. Learn more at [Sexual education for children – Fraser Health Authority](#)

Instagram

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