

# How to talk with your children about sexualised behaviour

- **Make time** to **kōrero** (talk)
- Start young and with simple, everyday conversations
- Create a safe, quiet setting to talk with your **tamaiti** (child)
- Be **relaxed** and choose a time with few distractions
- Talk with your children in day to day activities, like naming body parts in the bath
- Have regular, fun **one-on-one** time to talk with your child to create a comfortable space for **kōrero**
- Stay calm, so your child gets a sense that you are a person they can talk to about difficult things
- Bedtime is a common time when children ask questions; even though you may be tired, it's important to take these opportunities as they come
- Driving in the car next to each other or doing things together can help **tamariki** (children) be more relaxed to have these conversations



# It's cool to **kōrero!**

## Take time to have conversations

- Acknowledge all questions are **important**
- It is important to be honest, but be selective of information that you give and make it age-appropriate
- Use your child's **pātai** (question) as a guide for your response
- If a question pops up that you're not prepared for, respond with 'That is a really important question. Is it OK if I think about it and get back to you?'
- Respond with **aroha** (love) - be careful not to shame or embarrass children when they ask difficult questions
- It helps if safe adults respond openly - **tamariki** will feel confident and able to ask more questions
- Be prepared for some tricky **kōrero** to come up - children are likely to ask questions at some point and may catch you off guard
- Use words and language that are **appropriate** for your child's age and stage
- It is helpful for children to know the proper names for private parts; penis, vagina, breast, testicles, bottom
- It is OK to tell **tamariki** that there is some information they will learn as they get older
- Be aware of your own understanding around **values** about sexuality issues and puberty as this will influence your responses

For more information, check out  
[www.stop.org.nz](http://www.stop.org.nz)