October is National FAMILY SEXUALITY EDUCATION Month

The purpose of this awareness month is to encourage parents and adult caregivers to have an open talk with their children about sex and sexual health. Having conversations with your children at an early age can help them stay safe and aware of red flag behaviors.

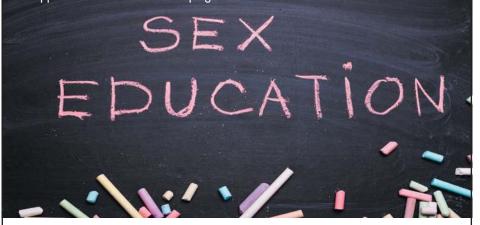
It creates a positive relationship with themselves and their body. Most importantly, it teaches young people that they will be able to trust the adults in their life to provide accurate information, offer support, and resources as they develop. There are many age appropriate ways to have these difficult conversations with children and teens, we highlight some pointers below. If you would like support on sexuality education with your family, please call us for more information and resources.

- It's never too early to talk to your children

 Check-in and learn about where your kids are getting information about sex and sexuality. Lack of information does not equal innocence.
- Start talking about consent, ages 0-10

 Teach your children about their personal space, who is allowed into it, and come up with alternatives to hugging/kissing like a handshake, fist bump, or high five
- Don't use slang words for body parts, use the correct terms
 Using correct terms for genitalia, not euphemisms, slang terms, or profanity, helps children feel comfortable asking questions or expressing concerns about those body parts.
- Let children know they can say "no"
 We often do not give young children the option to say no, including when they feel
 their space is being violated. Allow children to warm up to people and build trust on
 their terms.
- Supporting Teens

 It's important to have one on one talks with your teenagers in addition to school sexual education programs. If your child is LGBTQ+, school education programs may not address their specific needs and questions.
- Show the young people in your life that they can come to you with questions, experiences, challenges and build trust with your kids. Teach them that you will be there to support them without shame or judgment.



We are open and affirming to all regardless of ability, gender, gender identity or sexual orientation.

Butte/Glenn: 530-891-1331 | Tehama: 530-529-3980 Calling from Corning: 530-824-3982

Culling from Corning: 530-624-5762

Virtual Business Hours: M-F 10am-6pm (excluding Holidays)

24hr CRISIS LINE: 530-342-RAPE (7273)
Collect Calls Accepted

Rape Crisis Intervention of North Central California

530-342-RAPE aka Rape Crisis Intervention and Prevention

Serving our Tri-County Community Members since 1974



