

Childhood Sexuality Teachable Moments



Birth to Age 8

“Teachable Moments” - are things and conversations that happen everyday. Teachable moments provide the best way to tackle sexuality education in the home, especially with children from birth to age 8.

Teachable moments are wonderful opportunities for parents to give out small amounts of information and teach family values about love, sexuality, bodies, relationships, and respect.

The following is a list of teachable moments:

- Toilet training (a great time to learn that private body parts have names; to learn about privacy, respect, and pride in ourselves);
- Anatomically correct dolls (if the dolls in the day care or school have private parts, lessons about respect and dress codes can be learned);
- Pregnant friends and relatives;
- Seeing a mother breastfeed a baby;
- Trips to public washrooms;
- Upcoming weddings;
- Bathtime;
- Feminine products spotted in the grocery store;
- Books at school or at home;
- TV ads and TV shows;
- Overhead adult conversations;
- Bathroom jokes, foul language;
- Pets, farm animals giving birth;
- Children playing “doctor”; and
- Change rooms at the pool or beach.

“Teachable Moments” is developed and made available by
Leeds, Grenville, and Lanark District Health Unit.

