

SEX EDUCATION CHECKLIST

This is a guide to help parents open up conversations around sex education. Parents/guardians can start early by teaching these basic concepts using simple, everyday moments to build confidence and healthy boundaries that protect the child.

THE BODY

- ☐ TEACH THE CORRECT NAMES OF BODY PARTS.
- ☐ TEACH WHICH PARTS ARE PRIVATE.
- ☐ EXPLAIN THAT BOYS AND GIRLS CAN BE DIFFERENT.

BODY SAFETY AND BOUNDARIES

- ☐ PRIVATE PARTS ARE NOT FOR OTHERS TO TOUCH OR LOOK AT.
- ☐ PRACTISE THE SAFETY RULE: "SAY NO – WALK AWAY – TELL A GROWN-UP."
- ☐ USE BATH AND DRESSING TIMES TO TEACH ABOUT PRIVATE PARTS AND PERSONAL SPACE.

RESPECT AND CONSENT

- ☐ MODEL ASKING PERMISSION BEFORE TOUCHING THEM.
- ☐ TEACH THEM TO KNOCK.
- ☐ ENCOURAGE RESPECTFUL PLAY.
- ☐ PRACTICE YES AND NO RESPONSES.

DAILY CONVERSATIONS

- ☐ USE REGULAR SHORT CASUAL CONVERSATIONS, DON'T WAIT FOR ONE BIG ONE.
- ☐ COMMEND CURIOSITY.
- ☐ EXPLAIN WHO A TRUSTED ADULT IS.

BOOKS AND PLAY

- ☐ USE PICTURE AND STORY BOOKS TO REINFORCE BODY SAFETY.
- ☐ USE ANALOGIES TO TEACH PRIVACY.
- ☐ ROLEPLAY PERMISSION AND CONSENT.

MEDIA AWARENESS

- ☐ MONITOR TV AND ONLINE CONTENT FOR INAPPROPRIATE MESSAGES.
- ☐ ADDRESS THINGS THAT RAISE QUESTIONS.
- ☐ REINFORCE FAMILY VALUES.

EMOTIONAL FOUNDATION

- ☐ TEACH THE BODY AS A GIFT WE LOVE AND PROTECT.
- ☐ TEACH THEM TO SPEAK POSITIVELY ABOUT THEMSELVES.

ALERTNESS

- ☐ BE ALERT TO EXCESSIVE SECRECY, SHAME AND SEXUALISED BEHAVIOUR.
- ☐ LEARN HOW TO RESPOND CALMLY TO DISCLOSURES OF ABUSE.
- ☐ BE ALERT TO SIGNS OF ABUSE.

SEX EDUCATION CHECKLIST

This is a guide to help parents of 8 to 12 year old children open up conversations around sex education. This stage is all about building knowledge and clarity before and during puberty. Use this checklist to guide intentional conversations.

Note that they should already have the knowledge for 3 to 7 year olds.

THE BODY

- ☐ TEACH THE CORRECT NAMES OF BODY PARTS.
- ☐ EXPLAIN PUBERTY CHANGES FOR BOYS AND GIRLS
- ☐ PREPARE YOUR CHILD FOR THEIR OWN PUBERTY CHANGES

REPRODUCTION

- ☐ EXPLAIN A BABY'S GROWTH IN THE WOMB
- ☐ EXPLAIN THAT SEXUAL INTERCOUSE IS A PART OF MARRIAGE.
- ☐ REINFORCE THAT YOU ARE A SAFE PLACE FOR THEIR QUESTIONS

SEX AND RELATIONSHIPS

- ☐ INTRODUCE THE CONCEPT OF SEX IN BROAD BUT TRUTHFUL TERMS.
- ☐ EXPLAIN THAT SEX IS PART OF MARRIAGE.
- ☐ HAVE OPEN CONVERSATIONS.
- ☐ CLARIFY THAT NOT EVERYONE MAY FOLLOW THIS DESIGN BUT REINFORCE YOUR FAMILY VALUES
- ☐ GIVE ROOM FOR OPEN-ENDED QUESTIONS.

TECHNOLOGY AND SOCIAL MEDIA

- ☐ SET BOUNDARIES AROUND SCREEN TIME, DEVICE AND INTERNET USE.
- ☐ REGULAR CHECK-INS ABOUT WHAT YOUR CHILD SEES ONLINE.
- ☐ REINFORCE FAMILY VALUES.
- ☐ EXPLAIN HOW ONLINE IMAGES COULD BE DECEPTIVE.
- ☐ TALK ABOUT HOW OUR CULTURE OFTEN MISUSES BODY IMAGE FOR ATTENTION, ADS, OR LIKES.

RESPECT AND BOUNDARIES

- ☐ DISCUSS HOW WORDS CAN BE HURTFUL TO SELF AND OTHERS.
- ☐ TEACH PERSONAL BOUNDARIES.
- ☐ DISCUSS PEER PRESSURE.
- ☐ PRACTICE SAYING NO AND WALKING AWAY FROM UNSAFE SITUATIONS.

CHARACTER AND CHOICES

- ☐ EMPHASISE HOW STRENGTH OF CHARACTER CAN HELP MAKE GOOD CHOICES.
- ☐ SHARE AGE-APPROPRIATE STORIES ABOUT MAKING GOOD CHOICES.

SEX EDUCATION CHECKLIST

This is a guide to help parents of 13 to 17 year old children equip their children to make confident, and value-based choices. This checklist helps parents guide their teen's understanding of sexuality, healthy relationships, and personal responsibility during adolescence.

REINFORCE KNOWLEDGE

- ☐ REVIEW PUBERTY AND BIOLOGICAL FACTS.
- ☐ DISCUSS SEXUAL DEVELOPMENT AND AROUSAL AS BODY FUNCTIONS.
- ☐ CORRECT MISINFORMATION FROM THEIR PEERS.

RELATIONSHIPS AND DATING

- ☐ EXPLAIN HEALTHY FRIENDSHIPS AND RELATIONSHIPS. DISCUSS RED FLAGS.
- ☐ SHARE YOUR EXPECTATIONS AROUND DATING, BOUNDARIES AND CHARACTER.
- ☐ REMIND THEM THAT THEY CAN SAY NO AT ANY POINT IN A RELATIONSHIP.

RISK, PRESSURE AND INFLUENCE

- ☐ DISCUSS ONLINE INFLUENCE ON SEX TALK HONESTLY ABOUT THE EFFECTS OR PORNOGRAPHY.
- ☐ EXPLAIN THAT NUDE IMAGES OR VIDEOS SHOULD NEVER BE SHARED WITH ANYONE.
- ☐ DISCUSS PEER PRESSURE AROUND SEX, SEXING, APPEARANCE AND SOCIAL MEDIA.
- ☐ REINFORCE THAT VALUES SHOULD GUIDE DECISION-MAKING.

IDENTITY AND ATTRACTION

- ☐ DISCUSS TEENAGE STRUGGLES WITH SELF IMAGE AND SEXUAL FEELINGS.
- ☐ EXPLAIN THE IMPORTANCE OF PERSONAL IDENTITY OVER SEXUAL EXPERIENCE.

TECHNOLOGY

- ☐ ENSURE APPROPRIATE FILTERING AND MONITORING.
- ☐ DISCUSS AND AGREE ON CLEAR RULES FOR TECHNOLOGY USE.
- ☐ TEACH REPORTING AND BLOCKING.

VALUES AND VISION

- ☐ EXPLAIN THE PURPOSE OF SEX IN THE CONTEXT OF MARRIAGE.
- ☐ EMPHASISE SAYING YES TO HEALTHY LIFE CHOICES.
- ☐ SHARE AGE-APPROPRIATE PERSONAL STRUGGLES TO SHOW GROWTH.

SUPPORT

- ☐ REASSURE YOUR TEEN THAT IF THEY HAVE MADE A MISTAKE, THEY ARE NOT RUINED OR DIRTY.
- ☐ TALK ABOUT MOVING FORWARD FROM ERRORS.
- ☐ LET YOUR CHILD KNOW YOU ARE ALWAYS THERE FOR THEM.