

LET'S TALK

Risks

WITH OUR KIDS!



PERSONAL WELLNESS 6-8
HUMAN GROWTH AND
DEVELOPMENT STRAND

Sexually Transmitted and Blood-Borne Infections (STBBIs)

DISCUSS SAFER SEX PRACTICES.

WHY IS IT IMPORTANT?

Teens may feel social pressure to have sex so discussing these feelings can help them know when they are ready.

IDEAS FOR FAMILIES

- Explain that anyone participating in sexual activity should be tested regularly.
- Discuss with your teen that limiting their sexual partners can reduce the risk.
- Discuss that condoms can prevent most STBBIs.
- Teach your teen how to properly store, handle and use condoms. This should be discussed in Grade 8.
- Share Stats Canada data that shows that 75% of teens have not had intercourse by the age of 16.
- Consider presenting masturbation as a safe alternative.

BE PREPARED TO TALK WITH YOUR TEEN ABOUT STBBIS.

WHY IS IT IMPORTANT?

Although prevention is key, it is important that teens know the realities of STBBIs.

IDEAS FOR FAMILIES

- Talk with your teen about how to protect themselves from a negative impact on their sexual health.
- Talk with your teen about the impact STBBIs could have on their ability to have children.
- Be clear about the signs and symptoms and how to seek assistance from healthcare providers.
- Discuss possible treatment methods.
- For more specific information, the [STI Tool](#) is available.

EXPLAIN THAT SOME STBBIS ARE PREVENTABLE.

WHY IS IT IMPORTANT?

Teens should know that vaccines are available to protect against Hepatitis B and the Human Papillomavirus (HPV) infection.

IDEAS FOR FAMILIES

Help protect against Hepatitis B and HPV by keeping vaccines up to date. Consult these resources for more information:

- [Routine Immunization Schedule](#)
- [Hepatitis B info](#)
- [Human Papillomavirus](#)

DID YOU KNOW?

- In NB, the chlamydia incidence rate of all recorded age groups in 2017 was highest in men and women between 15–24.
- Between 2008 and 2017, there was a 39% increase in the rate of reported cases of chlamydia. (Public Health Agency of Canada)

Media, Literacy, Pornography and Sexting

SET RULES AROUND YOUR CHILD'S USE OF THE INTERNET THAT EVOLVE AS YOUR CHILD MATURES.

WHY IS IT IMPORTANT?

Unlimited access to the internet increases the likelihood of negative influences.

IDEAS FOR FAMILIES

- Discuss online safety like not clicking on pop-ups or ads.
- Use filters that block sexually explicit content.
- Encourage them to question the purpose of the messages they receive.
- Check out:
 - [MediaSmarts](#)
 - [NeedHelpNow.ca](#)
 - [Helping our kids deal with cyberbullying](#)

DISCUSS THE NEGATIVE IMPACTS OF VIEWING PORNOGRAPHY ONLINE.

WHY IS IT IMPORTANT?

This can lead to a distorted idea of sexual relationships, gender roles, and gender norms while setting unrealistic expectations for sexual encounters.

IDEAS FOR FAMILIES

- Discuss that pornography normalizes sexual promiscuity. Talk about how this is not the reality among their peers.
- Discuss that pornography often lacks the explicit use of condoms and contraception.
- Discuss that healthy relationships are not coercive and abusive.

KEEP AN OPEN LINE OF COMMUNICATION WITH YOUR CHILD.

WHY IS IT IMPORTANT?

Your reaction to questions about sexual relationships will impact their comfort in coming to you with important questions.

IDEAS FOR FAMILIES

- Discuss and model healthy vs. unhealthy relationships.
- Help your teen identify explicit content.
- Talk about the messages this content is sending about relationships, sexuality, body images and stereotypes.
- During these discussions, encourage teens to share their concerns and values around what they see.

BE CLEAR ABOUT THE LASTING IMPACT OF DIGITAL INFORMATION (I.E., DIGITAL PERMANENCE).

WHY IS IT IMPORTANT?

Social media, images and messages can be accessed by unintended people and impact your child's future.

IDEAS FOR FAMILIES

- Talk with your teen about the legal side of creating, possessing, and distributing sexually explicit material that involves a minor.
- Explain that once an image is shared, the sender has no control over who sees it or how it is shared.
- Check out these resources:
 - [Sexting: Privacy and the Law](#)
 - [Don't get sextorted, send a naked mole rat](#)

