

How to talk to your children about sexuality.

Parents are the primary educators: “They (parents) are the best educators, with the most influence. Their children turn to them naturally, as they do with anything that is personal and important, and the children have a right to loving advice, at the right moment, with the words that are necessary. Their parents, too, are the only people likely to be around when they make their sexual decisions. What many mothers and fathers find is that, by opening up on sex, they establish themselves as their children’s chief mentors on other subjects too”. *Teaching Children the facts of life, Mercartonet*

1. **The child is born in a love story.** It is the love story of his parents. That story belongs to him because his parents love story is the story of his origin. Love and life are very united, through love the parents give life. **Who is going to talk to the child about love if it not his or her parents?**
2. **Do not try to say everything all at once:** “Make sure you and your spouse have a shared vision on when and how to discuss these issues with your children. Think about even adopting a strategy with certain goals in mind. Discuss these themes with each other regularly”. *Working on Trust. Talking to children about human sexuality.*
3. **Explain anthropological terms with concrete examples:**

One day mum and I met, we were mature in our twenty’s, we got to know each other and we talked a lot., we went out we spent time together. After a while we fell in love and realised, we couldn’t live without each other so we decided to give our life totally and completely (we humans have a body and a soul) by getting married. So we give our soul and our body, giving our body completely in a marriage is what is called intercourse or to make love but it is only for adults who have given their whole life forever in marriage, some acts of intercourse are fertile and some are not but all of the acts are reserved for married couples, never for children, never for teenagers, never for young people who are dating, only for married couples. Do you understand?

If they ask about how, you say, our bodies have some genital organs that are a-symmetric and they unite like 2 pieces in a perfect puzzle that connects perfectly. All of this is intimate. That’s it. If the child wants to know more, then it is better it comes from you than the playground. The most important emphasis has to be put on Love and intimacy.

4. **The role of the father in the child’s development:**
 - 63% of youth suicides are from fatherless homes (US Dept. Of Health/Census) – 5 times the average.
 - 90% of all homeless and runaway children are from fatherless homes – 32 times the average.
 - 85% of all children who show behavior disorders come from fatherless homes – 20 times the average. (Center for Disease Control)
 - 80% of rapists with anger problems come from fatherless homes –14 times the average. (Justice & Behavior, Vol 14, p. 403-26)
 - 71% of all high school dropouts come from fatherless homes – 9 times the average. (National Principals Association Report). The Fatherless generation

5. Some of the rules that work for teenage parties:

- Zero alcohol
- Dads present
- Lots of light
- Lots of food

References:

1. https://www.mercatornet.com/articles/view/teaching_children_the_facts_of_life/12366
2. <https://opusdei.org/en/article/working-on-trust-2-open-house-for-dialogue/>
3. <https://thefatherlessgeneration.wordpress.com/statistics/>