

# ***Sexuality Education More Than The Facts of Life***



## **What Do Young People Need To Know?**

We sometimes refer to sexuality education as telling the children the facts of life. But talking to young people about sexuality is not just a matter of providing simple information about reproduction, menstruation, diseases and sexual behaviour. Young people need clear factual information about these issues.

Sexuality education could also include:

- Positive messages about themselves and their bodies
- An appreciation of family values about sexual matters
- Practise at making decisions, solving problems and communicating confidently
- Understanding and managing feelings
- Reassurance about their own safety and welfare
- Thinking about friendships and responsibilities
- Consideration of tolerance and prejudice
- An atmosphere of openness, honesty and trust