

# SEMINAR: The Birds and The Bees In the Early Years

Sexuality education is a topic many parents prefer to avoid. And if you have a young child, you might think you've got a while before you have to worry about this. But sexuality education begins with a child's curiosity about his or her body – and this curiosity starts well before they utter their first word. We are all sexual beings from the moment we are conceived and just as your preschooler is growing taller and discovering language, they are also developing sexually. Sexuality education is a part of a continuum; it starts at birth and it continues through life. Parents should not be worried about how and when they are going to have *the big talk*. Instead they should think of it as an *ongoing conversation*, and it is never too early to start this conversation.

Young children are constantly busy figuring out how the world works, which includes what their body parts are for, what they feel like and what they are called. Talking openly with young children sends a strong positive message that they have control over their body, that their bodies are incredible and that we should always protect them. If you communicate effectively with your preschooler about sexuality issues, it paves the way for open communication as they get older.

## **The topics covered will include:**

- Suggestions on how parents prepare themselves for their child's sexuality education
- The normal sexual development of a preschooler
- How to answer the curly questions
- Successfully explaining the incredible human anatomy and bodily functions to your curious child
- Communicating with preschoolers about pregnancy and birth
- How to protect your child and help keep them safe
- Where to go for more advice and help



## **Presenter: Rachel Hansen**

Rachel is a health & wellbeing educator and has taught psychology and health at schools in the UK and New Zealand. She has extensive experience working with young people in a number of fields including education, counselling and recruitment. Rachel has a first-class honours degree in Psychology and a Masters degree in Criminology from Cambridge University (UK). Her research has focussed on youth development, youth offending and women's health. Rachel is a talented presenter with an ability to engage effectively with students. Her resources are interactive and engaging and she uses humour and honesty to create an excellent learning environment.

Rachel Hansen

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