



# Sexuality through the Ages and Stages of Development

In-Service e-Learning (PRIDE)

## Course Description

Through this session caregivers will learn the typical stages of sexual development in children and youth, develop an understanding of problematic sexual behaviour and learn when and how to talk to the child or youth's caseworker about their observations. This session discusses how to talk about the sensitive topic of sexuality with children and youth. Exercises in this training will support caregivers to reflect on some common myths about sexuality, and to separate those myths from individual values and attitudes, ensuring a focus on the facts in conversations about sexuality. Through some scenarios participants will think about how to respond to a child or youth's questions about sexuality, all the way from pre-school to adolescence.

## Learning Objectives

1. Recognize how caregivers' experience, attitudes and values about sexuality can affect their ability to support the development of sexuality in children and youth.
2. Describe the developmental progress of sexuality through the different ages and stages of children and youth.
3. Describe how caregivers can create a safe space for children and youth to explore their gender and sexual orientation.
4. Recognize how a child or youth's cultural heritage is important to consider.
5. Describe when a caregiver should involve the case team in managing any questions or concerns about a child or youth's development.

## Resources

For more information on how colonization has impacted Gender Identity and what it means to be Two Spirited. Please watch these videos.

<https://www.youtube.com/watch?v=AqEgsHGik-s>

<https://www.youtube.com/watch?v=A4lBibGzUnE>

**Support for Sexual and Gender Diverse Children and Youth and Allies**

<https://www.briteline.ca/>

**Support for Caregivers teaching Sexual Health**

<https://teachingsexualhealth.ca/parents>