



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Values

Key Messages for Parents and Caregivers:

- Values help people decide how to behave and interact with others. The Our Whole Lives values for grades 4-6 include:
 - *Respect* – All children deserve love, respect, and care, and sexuality is a natural, healthy part of life that they begin learning about from birth.
 - *Relationship* – Children learn about sexuality and fairness through how they are treated and the messages they receive, shaping their future attitudes, values, and behaviors.
 - *Responsibility* – Children should receive accurate, age-appropriate information about sexuality and sexual health, with parents and caregivers as their primary educators, supported by teachers, health professionals, and the broader community.
- Children learn most of their values from parents/caregivers, other family members, religious and cultural teachings, and their peers. Be aware of intentional and unintentional messages you and others may be giving your child about sexuality.
- We all need to reflect on our own values about relationships, roles, and stereotypes.
- Each child, and person, is unique, and it's important to respect each other's differences – including different values about sexuality.
- Sexuality is much more than sexual behavior, and people learn about sexuality throughout their whole lives.

Specific Resources on Values & Sexuality for Parents and Caregivers:

- Amaze - How Can I Teach My Values?
<https://amaze.org/video/amazejr-how-can-i-teach-my-values/>
- Janelle the Sexual Health Educator - Understanding Sexual Values and the Fundamental Role Values Play in Raising Sexually Healthy Children
<https://janellethe.com/understanding-sexual-values-and-the-fundamental-role-values-play-in-raising-sexually-healthy-children/>
- Sex Ed Rescue – How to Talk to Kids About Sexual Values and Beliefs
<https://sexedrescue.com/sexual-values-and-beliefs/>
- 6 Questions to Determine Your Family Values for the Sex Talks
<https://www.youtube.com/watch?v=xE2SFYEZuVk>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.