



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**

Feelings and Attraction

Key Messages for Parents and Caregivers:

- Children learn about relationships and intimacy through family and friend relationships.
- Many young people develop feelings of attraction during puberty.
- Children may be thinking about their own sexual orientation during this time.
- People of all sexual orientations can have relationships that are fulfilling and based on respect and equality.
- People are often assumed to be heterosexual, which is called heterosexism.
- People are often mistreated because of their sexual orientation.
- You can foster a safe space for asking questions and having honest conversations with your children about feelings of attraction, where they will feel accepted and supported.

Specific Resources on Gender for Parents and Caregivers:

- PFLAG
pflag.org
- Amaze – Sexual Orientation: A Spectrum of Attraction
<https://amaze.org/video/sexual-orientation-spectrum-attraction/#parents>
- Amaze – Sexual Orientation, Behavior, and Identity
<https://amaze.org/video/sexual-orientation-behavior-identity/#parents>
- Parenting Path – LGBTQIA+ Resources
https://parentingpath.org/for-families/lgbtqa_resources.html
- The Trevor Project
<https://www.thetrevorproject.org/>
- Planned Parenthood – Identity
<https://www.plannedparenthood.org/learn/parents/identity>

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