



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**

Decisions and Actions

Key Messages for Parents and Caregivers:

- Parents, caregivers, and other adults can help children learn to make healthy decisions.
- Everyone has to make decisions, and all decisions have consequences that can impact others.
- Decision-making is an important skill and should be informed by facts and personal values.
- People need to be able to make decisions about a range of sexual behaviors, such as dating, talking about sex with a partner or friend, testing for sexually transmitted infections, masturbation, pornography, using contraceptive methods, pregnancy, and/or engaging in sexual activity.
- People receive messages about sexuality from a variety of sources, and some of these messages can conflict with each other. People have different opinions and values about what is sexual behavior and what is not.
- Masturbation is touching or rubbing one's own genitals and body for pleasure, and is something that some people do, and some people do not.
- Pornography is photographs, videos, or written material portraying people engaging in explicit sexual activity, and it is adult entertainment. Pornography is not intended for children or as educational material.

Specific Resource on Decisions and Actions for Parents and Caregivers:

- Amaze - Sexual Decision-Making Toolkit
<https://amaze.org/educators/toolkits/sexual-decision-making/>

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