



Healthy Sexual Development Resources

What is the best way for kids to learn about healthy sexual development? From a parent or trusted adult.

Raising children who understand healthy sexuality requires a combination of strong relationships, open communication, and clear messages regarding values and expectations between parent and child. Providing a safe, nonjudgmental space for children to ask questions is important. Here are resources and tools to help you.

Healthy Sexual Development Classes & Online Resources

CLASSES

Organization & Website (if available)	Link to Information (if available)	Summary
Safe Harbor safeharborhope.org	Educated Parents	Six course program that covers healthy relationships, abuse, body safety, and dating violence. Contact abigailw@safeharborhope.org .
Davis County Abuse Prevention Workgroup	<u>Teaching Your Child Healthy Sexuality</u>	1.5 hour class taught by trained providers. Learn the why, what, and how of teaching your kids about healthy sexuality. Contact 801-525-5072.
Davis County Sheriff's Office daviscountyutah.gov/sheriff	Internet Safety Courses	Detectives discuss grooming tactics used by predators on popular social media apps, the growing number of sextortion cases, and ways to prevent your child from falling victim. Appropriate for ages 12+. Contact 801-451-4100 for class schedule.
Utah Department of Health & Human Services dhhs.utah.gov	<u>Families Talking Together</u>	Learn communication skills to support the delay of sexual activity for your teen. This training is for parents of 10-14 year olds and is provided in a two-hour one-on-one session with a parent or couple. Complete form at this <u>link</u> .

ONLINE RESOURCES

Organization & Website (if available)	Link to Information (if available)	Summary
Saprea saprea.org	• Connect to Prevent • Typical vs Problematic Sexual Behaviors in Children	Provide child sexual abuse prevention and healing resources. This resource is a series of conversation guides to help you identify what topics to discuss with your child, and at what age. Topics include using the correct names of body parts, consent, healthy body image, and boundaries.
Prevent Child Abuse Utah pcautah.org	Online courses	Online abuse prevention courses for teachers, parents, coaches, and youth leaders. They also provide in-school prevention programs.
National Sexual Violence Resource Center nsvrc.org	An overview of healthy childhood sexual development	Healthy childhood sexual development presented by stages of development.
Planned Parenthood plannedparenthood.org	Sex & Sexuality	Learn how to share helpful, factual, and age appropriate information according to your own values. Information is presented by age groups.
American Sexual Health Association ashasexualhealth.org	Be an Askable Parent	Does your child feel it is okay to talk with you about sex and sexual health? Information on how to be an askable parent and tips on what to say.
The Church of Jesus Christ of Latter-day Saints churchofjesuschrist.org	Family Conversations: Talking About Healthy Sexuality	A series of short videos to help parents discuss healthy sexuality in a spiritual context.
The National Child Traumatic Stress Network nctsn.org	Sexual Development & Behavior in Children	Provides parents and caregivers information on sexual development and behavior in children including responding to sexual behaviors and educating children about sexual issues.
Fight the New fightthenewdrug.org	Educational resources, live presentations	Educational resources that raise awareness on the harmful effects of porn and exploitation.

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