



FASD AND SEX

EFAN

1. Assist your child from a young age to develop appropriate social skills and model appropriate behavior.
2. Teach children and youth about personal boundaries. Start talking about personal boundaries at a young age and keep talking about personal boundaries.
3. Talk to your child from a young age about appropriate and inappropriate sexual behavior.
4. Share accurate information about sex and sexual behaviours. It is better to hear it from you than for them to get the information from their peers or the internet.
5. Always maintain open communication and clear boundaries surrounding sexual behavior. Be able to provide nonjudgmental responses to what your youth is telling you.
6. Teach children to ask permission before touching others. This includes touch that is nonsexual in nature.
7. Role play appropriate behaviours:
 - ◇ How to hug and touch each other
 - ◇ How to ask someone out on a date
 - ◇ How to say no to sexual advances
8. Practice constant 24 hour supervision.
9. Masturbation is done only in private, in your bedroom, at home.
10. Use clear, simple and concrete rules about sexuality and repeat them over and over.
11. Teach and repeat that unprotected sex is never safe
12. Provide longer-acting birth control than the traditional daily pill (Depo-Provera, the Patch or, an IUD) for your daughter.
13. Teach males and females how to put on a condom.
14. Chaperone your child's dates, or have a responsible friend double-date with your child and their sweetheart.
15. Provide a concrete strategy of how to get "out" of a dangerous sexual situation and whom to contact for help.