

# Parents and Caregivers' Information Sheet

Grade 10 - 2024-25

## SEXUAL HEALTH AND CONSENT

### UNDERSTANDING CONSENT

#### **F**reely given

without pressure or influence,  
and at a legal age

#### **R**eversible

each party reserves the right  
to change their mind at any  
moment

#### **I**nformed

that is, having full knowledge  
of the other's sexual health  
(contraception, STIs, etc.)

#### **E**nthusiastic

Silence does not mean yes,  
consent should be ongoing  
and enthusiastic

#### **S**pecific

consent for one act, does not  
mean consent for all acts

### IS IT NORMAL FOR MY TEEN TO BE THINKING ABOUT SEX?

Contrary to what one might think, teens in Canada do not have their first intimate relationships any earlier than previous generations. Trends show that in the last ten years young people start even slightly later. In British Columbia, the percentage of young people that have had sex with vaginal penetration was 16%, while young people that have already practiced oral sex was 17% ([BC Adolescent Health Survey 2023](#)). However, the fact that sexuality is accessible in many places (television, music, magazines, internet, etc.) gives the impression that adolescents are more sexually active than in the past.

Young people may also perceive that the majority of 15-16 year olds have already had their first sexual relations. If they think so, they may feel pressure to have sex that is normal, especially if it is important for your teenager to stick to the status quo. Maybe they'll tell you that all kids their age have sex, that it's not like your day. It may be interesting to share the above statistics with your teenager if they think all teenagers have sex. You might tell them that it is true that they live in a society where sexuality is more accessible, but that does not mean that everyone is sexually active. However, this context can cause young people to feel a lot of pressure to have sex, especially if people in their immediate circle of friends have already had this experience.

## REACHING OUT TO YOUR TEENAGER ABOUT SEXUAL HEALTH

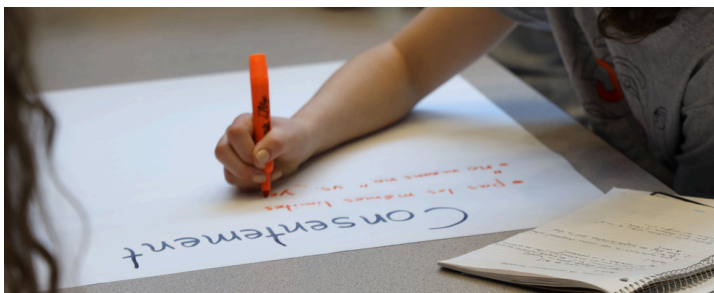
Bringing up the subject of sexuality with adolescents is not always easy. It is possible to feel embarrassed, to fear not having the answers to your questions, or simply to want to avoid the subject. During or near their first romantic, intimate and sexual experiences, young people experience great insecurity and wonder about several subjects. Tell yourself that if they need information, they will go and get it. If it's not with you, it will be in books, on the internet, with friends, family, a caregiver or their partner. Being open to discussions and giving answers increases the chances that your teenager will turn to you when needed. Emphasize that you don't need to have all the answers or feel comfortable with all the discussions, hence the importance of having resources in mind to give your child when your limits are reached.

## I'M WORRIED ABOUT MY TEEN'S BEHAVIOUR

From time to time, you may worry about your teen's behaviours regarding their sexual development. These behaviours can vary depending on the teenager, so here are some suggestions on what to do if you are concerned about their behaviour:

- Name your concerns. Opening up a conversation with your teen can lead to interesting conversations where you learn more about them.
- Safety: Highlight your concern for their safety. Discuss the dangers and consequences of their current behaviours.
- Empathy is very important in these discussions. Be aware that your teenager is going through their sexual development, so they may not be aware of the repercussions of their behaviours.
- You can always consult LigneParents. A counselor can discuss your adolescent's specific situation with you and know what to do, as well as put you in touch with the right resources.

Sources: [CAMH](#) et [LigneParents](#)



## I'M NOT COMFORTABLE CHATTING WITH MY TEENAGER

Conversations about sex with your teenager can be uncomfortable, and that's okay. If these conversations are new, it's normal that you don't feel comfortable discussing them with your teenager. Here are some suggestions of what you can do:

- **Research:** Before starting discussions, do your own research. You can start with the resources on page 3.
- **Establish your limits:** Establishing your limits before you start will help you know when it is time to refer your teen to a resource when you are no longer comfortable.
- **You don't have all the answers:** it's good not to have all the answers. Direct your teen to resources like [MeetRoo](#), an anonymous chat site with plenty of answers to questions about sex, puberty, sexual health, and more.

## SOME USEFUL TIPS:

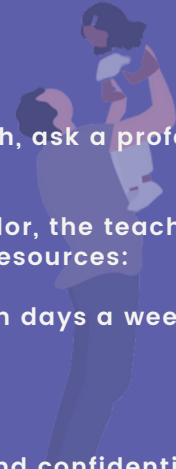
- A sexual relationship encompasses several things (kissing, caressing, consenting, etc.). You don't have to do everything right off the bat, and it's important not to focus on one part while chatting with your teen.
- Encourage them to develop critical thinking skills when they consume media and to think about the relationships that come before them.
- Reassure your teen that it's okay not to feel comfortable talking or doing everything. Tell them, "I understand you, I feel a little weird too. How can I make you more comfortable?"
- Prevention is better than cure! Even if you think your teenager hasn't had sex yet, it's never a bad idea to discuss it.
- Avoid having a big conversation. It's best to always keep the conversation open so your teenager knows they can still chat with you. As you chat more often, the conversation becomes less awkward and your teen can chat at their own pace.

# Resources

 **Important!** If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868. [kidshelpphone.ca](http://kidshelpphone.ca)
- **Sex sense line :** Sex Sense is a free, pro-choice, sex-positive, and confidential service. A team of registered nurses, counsellors, and sex educators offer information and resources on sex, sexuality and sexual health, for people living in British Columbia and the Yukon, Canada. Call them at 1-800-739-7367 throughout BC\* or 604-731-7803 in the Lower Mainland. Submit your question through the email form on their website



## RESOURCES IN FRENCH

- Documentaire : [Ado, sexe et confiance](#)
- [LigneParents](#)
- [Le sexe et moi](#) : Ressource en matière de santé sexuelle (ressource bilingue)



## RESOURCES IN ENGLISH

- [MeetRoo](#): Anonymous chatting page for all questions about sexuality, sex, puberty, relationships, etc.
- [Options for Sexual Health](#): BC service offering current sexual and reproductive health care, information and education.

## Contact us:

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