



IT'S NOT TABOO

Let's talk about it!



Children and teens learn about bodies, boundaries, and relationships as they grow. Parents play a pivotal role in shaping their child's understanding in these areas.

Your Fleet and Family Support Center (FFSC) is here to help. We provide education and resources to help parents have proactive 'sprinkled' conversations with their children.

FFSC's staff of certified professionals can provide:

- Anatomical knowledge- learn why it is important and how to confidently teach your child the anatomical name for body parts.
- Behavioral understanding - gain insight into typical sexual development and learn how to address concerning behaviors appropriately.
- Open communication skills - develop strategies for answering tough questions and starting age-appropriate, ongoing conversations.
 - Trauma informed support- access assessment, treatment when needed, and connections to additional resources.

- Parenting workshops and classes:
 - Get expert guidance on what to expect at each stage of your child's development
 - Practice how and what to say or do in those uncomfortable parenting moments!

It's never too late – start now! Contact your local FFSC for more information, or go to www.MyNavyFamily.com.

