

# Community Education Service



*Improving emotional health and well being*

## Talking to Children and Teens with Diverse Abilities about Healthy Relationships and Sexuality

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Everyone has the right to information about sexuality and relationships that is accurate, current and provided in a way that they can understand. This session is for parents and providers of children and youth with diverse abilities. Answering questions and talking honestly about sexuality helps children and youth feel supported to talk about growing up, feelings and relationships.

Participants will:

- Recognize reasons to talk about healthy sexuality and relationships.
- Learn what to say and why talking about sexuality helps develop boundaries, build skills and improves safety.
- Increase knowledge about puberty and sexual development; self-care and hygiene; healthy relationships and boundaries.

## FREE WEBINAR

**January 12, 2022**

**11:00 AM - 12:30 PM**

[Register](#)

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This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Sexual and Reproductive Health Services, AHS.**