



ELMHURST COUNSELING

Developmental Stage	Developmental Tasks	Sexuality Education Approach
Ages 0-1 <i>Infant</i>	Basic Trust Attention Soothing Nurturance	Infants have no need for facts but are beginning to learn about sexuality. Parents are their main teachers. Naming parts of the body, holding and hugging begins trust.
Ages 2-3 <i>Toddler</i>	Early Autonomy Exploration Self-Control Power struggles	Children at this age are learning about their bodies. They learn about their world through play. They can learn simple self-care tasks such as brushing teeth and bathing.
Ages 4-5 <i>Preschool</i>	Initiative Testing limits Gaining competence Reality vs. fantasy	Children begin asking questions about where babies come from and can understand simple answers. Create a home where children feel free to talk about bodies, health, and sexuality.
Ages 6-8 <i>School Age</i>	Meeting the world Comfort away Absorbing learning Socialization	Children are able to understand complex issues about health, disease, and sexuality. The world is providing grownup information. Kids need concrete understandable answers.
Ages 9-10 <i>Preadolescent</i>	Peer influence Role models Do I measure up? Gender differences	Children begin the changes of puberty and are concerned about their appearances. Social pressure necessitates that parents talk about sexuality directly. Introduce prevention.
Ages 11-13 <i>Early Adolescence</i>	Family vs. friends Body image Boredom Attitude	Pubescent kids are focused on their bodies. Accurate information is vital regarding intercourse, pregnancy, STDs and HIV. The message is that sexuality has consequences.
Ages 14-16 <i>Middle Adolescence</i>	Rebellion Sexuality Parent conflict Morals	Parents should share the family's values about sexuality. Teens should know that the best way to prevent STDs, HIV or pregnancy is abstinence. Discuss safe sex alternatives.
Ages 17-19 <i>Late Adolescence</i>	Identity Autonomy Values Leaving home	Social pressure and emancipation status require clear positions that: 1) choices have consequences. 2) safety and health concerns outweigh pleasure and experimentation.

Developmental Stage Sexuality Education*

**Sexuality includes human development, relationships, interpersonal skills, sexual expression and identity, sexual health, and society & culture.*