

PRESCHOOL: VALUES EXPRESSION EXERCISE

Getting clear about your own values is one of the most important elements of talking to your kids about sexuality. So much of our understanding of sexuality is shaped by our values, it's essential that we know *what our values are* so that we can decide *how best to communicate them to our kids*. Without clarifying our values, we may delay talking to our kids about sexuality at all, or reinforce stereotypes pervasive in our culture.



1. Review each of the Values Statements below and circle whether you AGREE or DISAGREE. Go with your gut instinct.
2. Write down why you agree or disagree. Note the details – does the wording give you pause or does it depend on the situation?
3. Write down whether this is an idea you'd like to share with your child and how you might communicate it.



Value Statement	Why do you AGREE or DISAGREE?	Will you share this value with your kids? How?
Siblings can take a bath together AGREE or DISAGREE		
Masturbation is healthy and normal AGREE or DISAGREE		
Preschoolers should know how reproduction works AGREE or DISAGREE		
Everyone has the right to privacy, even kids. AGREE or DISAGREE		
Kids should use the proper names for their body parts all the time. AGREE or DISAGREE		
Kids can wear whatever clothes they want, regardless of the gender they were intended for. AGREE or DISAGREE		
It's important to always hug and kiss family members AGREE or DISAGREE		