

# The parents' job in the sexual education of their children

On Friday, October 2, 2009, there was an educational seminar for parents, with the subject of The parents's job in the sexual education of their children, offered by the sexual educator Mrs. Emma Hagarty.

The subjects that were discussed were the following:

1. Sexual education controversies
2. Risk factors that make education about love difficult
3. Who must educate about love?
4. Educate VS Instruct
5. How must this education be brought in infancy, in adolescence, and in youthfulness

Summarizing all this interesting and important information, we were talked about how today the parents are being bombarded by different theories, suggestions, different genders, and without having society's approval to educate our children in the best way about sexuality. That is why as parents we have to have clear conviction and project them to our children. We must be firm even if society isn't in agreement with our beliefs. There are various factors that do not help us in the educational process with our children, and they are: not having dinner together as a family; parents giving in too easily to children's whims; children getting things without much effort; television, computers and videogames have turned into our children's babysitters; children going to any type of activity without regard of life's stages without control, among others.

We as parents are the first educators, we cannot delegate that responsibility to the school because it only backs up what parents do. It is up to us (parents) to educate, orient, instruct, talk about and teach our children, we cannot wait until someone else does it for us.

Instructing is telling a person what he or she has or must do, it is giving an instruction, while educating is giving the person the necessary knowledge so he or she can take the right decision about what he or she has to do freely and with knowledge. Parents must educate more than instruct. Some types of education that we must give our children are: Moral Education, Education about Compassion, Education in Affection, and Education of Virtues exercising free will.

Parents have a very complex task to work with their children, we know that all around us there are people that greatly influence in our children, and because of that, we must have a common frontline with our children, our family, grandparents, and society, whether they be neighbors, school, or friends. We must grow in virtues such as patience, perseverance, and optimism, and we must also pray to God he helps us make the right choices with our children.

We have to offer sexual education to our children in a clear (simple, adapted to their age), natural (in an atmosphere full of peace, confidence, and intimacy), gradual, individual (father-son, mother-daughter, because of age necessities), and complete way (gradually covering all aspects according to their age and subject).

It is important to teach our children that in the service, not in the pleasure, where the real happiness exists, the true love. To teach and get deep in the differences between man and woman, considering the physical and psychological aspects and how it complement each other.

In this seminar, parents were provided a table so they could know how to work with their children in the subjects of sexuality by age and gender.

Parents must find a way to have conversations with their children, we must take advantage of going out shopping, or any sports practice to create confidence. The most important thing is to do it with love, not imposing yourself, not scolding, you have to win over your children, and over all things, do it yourself. We can establish some appointments once per month to talk with our children. It is a suggestion to use a place where you can interact with the nature, a natural environment.

The true sexual education is life culture, don't be afraid to value your principles and be firm.

