



The Heart of Richmond AIDS Society
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TEACHING CHILDREN ABOUT HIV/AIDS

It is important to teach children the facts about HIV/AIDS so that they can make healthy choices. If parents do not answer their children's questions about sex and HIV/AIDS, children may seek answers elsewhere. They may then be given wrong information that could put them in danger.

Talking to your children about HIV/AIDS shows them that you care about their health and well-being. It has been shown that good quality sexual education does not lead to earlier or increased sexual activity. Instead, it helps delay the age at which youth first have sex and increases the likelihood that youth who do choose to have sex will use a condom. Sexual education is most effective if given to a child before he or she reaches puberty.

HOW TO GET STARTED

Your children will not want to know everything about HIV/AIDS at once. The information that you give to your child will depend on his or her age and needs at the time.

- Set the scene by mentioning HIV/AIDS casually in a conversation so that your children know that it is O.K. for them to ask you questions about it.
- Take advantage of related topics that come up -i.e. sexuality, drugs, sexual orientation.
- Introduce the subject with these openers:
 - Ask your children's opinion of a TV show about HIV/AIDS that they have seen.
 - Mention a news story or article about HIV/AIDS and ask them their opinion about it.
 - Ask if they have heard about HIV/AIDS at school.

WANT TO LEARN MORE?

- Order free brochures from the BC Government Warehouse (250) 952-4461
 - [A Family Talks About AIDS: Information for Parents](#)
 - [A Family Talks About AIDS: Questions Children Might Ask](#)
- Borrow or buy the book [Speaking of Sex: Are You Ready to Answer the Questions Your Kids Will Ask?](#) By Meg Hicking, R.N.

LINKS

www.kidsconnect.org - Check out the children's comic strip about HIV infection.