



Talking to children and Puberty and Physical Maturity

Vancouver, April 5 2014

Agenda

- Importance of Communication with Children
- Information children get from school and other sources
- Talking about sensitive issues:
 - a) Puberty and hormonal changes
 - b) Gender interaction
 - c) Sexuality

Importance of communication with children regarding these issues

- 1) Clarifies their confusions about these issues
- 2) Helps answer questions they might have but are too shy to ask.
- 3) Helps children become more confident about their identity.
- 4) Improves relationship between parents and children
- 5) Decreases chances of risky behavior.

How to Start

- If you have good communication about other issues it becomes easier to talk about these sensitive issues.


- Be confident. You are the adult and the best person to tell your child about it.

- Good starters could include;
 - we need to discuss something
 - you are growing up and . . .
 - It's time we had a chat

II – What children learn in school

(Excerpts from health and Career Education, BC Ministry of Education)

- physical, emotional, and social changes at puberty and adolescence, and respecting own and others' development rates
- human reproductive system
- ways to help prevent spread of diseases, including life-threatening diseases such as HIV/AIDS
- terminology for private parts
- appropriate and inappropriate touching
- responding to inappropriate touches or confusing or uncomfortable situations

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- Definitions of HIV and AIDS, ways in which HIV is contracted, ways to help prevent the spread of HIV.
 - Factors that influence healthy sexual decision making
 - Short-term and long-term consequences of unsafe sexual behaviour (e.g., unplanned pregnancy,
 - sexually transmitted infections including HIV/AIDS, negative impact on future goals.

III – Sensitive Issues

■ Puberty

- Growth of the body, God's plan for the human being.
- Physical hygiene; importance of cleaning, bathing, removing hair, preventing bad smell.
- Emotional changes; mood swings. Importance of good communication.
- Self confidence; rate of growth varies and should not be a source of embarrassment.

■ Gender interaction

- Concept of Haya and modesty.

Story of the daughters of Nabi Shuayba (a).

Hadith: *Modesty and Faith go together; when one departs, the other follows.* Holy Prophet (s).

- The armor of Taqwa. Have respect, dignity, when talking to members of the opposite gender.
- Typical encounters in society; handshaking. Ways of responding to potential handshakes with na mahram.
- Haya in the cyber world; navigating through emails, facebook, and internet sites with modesty.

■ Sexuality

- Islamic view of sexuality; a sanctified relationship that is both physical and spiritual.

- Problems with dating. Misconceptions:
 - 1) You get to know the person before you marry.
 - 2) You fall in love.
 - 3) How can you marry someone you don't know.
 - 4) It helps make marriage stronger

- Abstinence before marriage. There is no talk of safe sex before marriage as taught in schools.

- Finding a spouse. Assisted marriages. Importance of family relationships. Love before and after marriage.

- Homosexuality

Resources

Amini, Ayatullah Ibrahim *Principles of Marriage and Family Ethics* Islamic Propagation Organization, Tehran 1988

Ansariyan, Husayn *The Islamic Family Structure* tr. Ms. Lisa Zynab Morgan, Dr. Ali Peiravi, Ansariyan Publishers, Qum, 2000

Faber, Adele, and Mazlish, Elaine. *How to Talk so Kids will Listen & Listen so Kids will Talk*. Avon Books, New York, 1980

Vannoy, Steven W. *The 10 Greatest Gifts I give my Children*. Fireside Books, New York, 1994