



AGES 6-8

A Parent and Caregiver's Guide to Healthy Sexual Development

The early primary years are full of curiosity and learning about friendship, fairness, and how relationships work.

Children begin to understand privacy, body differences, and may ask direct questions about love or reproduction. Your patience and calm explanations help them build respect for their own and others' bodies.



What's Normal at 6-8

Physical

Steady growth.

Cognitive

Asks detailed questions about where babies come from; understands basic facts about birth.

Social & Emotional

Friendships deepen; modesty increases; wants to follow "rules".



Sexual Development

- Notices gender roles ("Boys don't wear pink") and tests these ideas.
- Explores gender expression through clothes, games, or roles.
- Shows interest in love or marriage.
- May laugh at sexual words or jokes — testing reactions, not being rude.
- May touch own body privately — normal when done privately.

Remember, curiosity about bodies, love, and fairness is healthy.

When parents stay open and kind, children learn that their bodies are good, private, and deserving of respect.





How You Can Help

Answer Honestly and Briefly.

Simple, factual answers (“A baby grows in a mother’s uterus”) build trust.

Teach Privacy and Boundaries.

Private parts are covered by underwear and not for others to see or touch.

Encourage Empathy and Respect.

Talk about kindness, fairness, and how to treat others’ bodies and feelings gently.

Challenge Gender Stereotypes.

Explain that anyone can enjoy any colour, toy, or game — gender doesn’t limit ability.

Reinforce Body Safety Rules.

- “My body belongs to me”.
- “I can say NO to touch”.
- “No secrets about touching”.
- “I can always tell a safe adult”.

When to Seek Help

Reach out for professional support if your child:

- Shows persistent or aggressive sexualised behaviour.
- Tries to involve younger children in sexual play.
- Acts out adult sexual acts or uses explicit language often.
- Appears anxious, withdrawn, or fearful.

Stay calm and reassuring — your response shapes their sense of safety and trust.





Every child — regardless of ability, gender, or sexuality — has the right to know about their body, relationships, and personal safety.

Children and Adolescents with Special Needs

Children and adolescents with developmental disabilities are also sexual beings, and like non-disabled children, they also need to understand their bodies and relationships.

They go through the same stages of physical and emotional development as others, though some may experience puberty earlier or later.

They may need extra help to understand privacy, consent, and appropriate behaviour.

Use clear language, visual cues, and gentle repetition to teach about body boundaries and safety.

ABOUT US

Dil Se is an NGO working for the Prevention and Healing of Child Sexual Abuse in Kochi, Kerala.

Founded in Switzerland in 2000 by Marina Racine and Cristelle Hart Singh, and later established in India as a Trust in 2009, Dil Se works to protect children, educate communities, and support healing for survivors.



OUR VISION

A world where child sexual abuse is a thing of the past

OUR MISSION

Prevention and Healing of Child Sexual Abuse

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