



CPRI

SEXUAL BEHAVIOUR TEAM

Promoting Safety and Sexual Health

Your Child's Development 5-7 Years of Age

Physical Development

- Slow and steady growth continues.
- Some females may show signs of early puberty.

Developmental Changes

- At this age, children often adopt some 'bathroom vocabulary' – think of all the rhymes about diarrhea! Due in part to the influence of peers, there is a tendency to think of sexual terminology as 'bad' words.
- Children may ask questions about pregnancy, birth, and babies. They may ask about the father's role in conception.
- Children begin to know the difference between acceptable and unacceptable behaviour.
- Become modest about their body. Beginning self-consciousness creates a desire for privacy and embarrassment may also occur.
- Continuing development of gender identity shown by interests, etc.

Normative Sexual Behaviours

- Touches own genitals (some masturbation). This is more likely to be soothing or for comfort. Caregivers can teach about private and appropriate public behaviour.
- Aligns with same sex peers; less interest in play with the opposite sex
- Role-playing/exploration games with same-sex peers.
- 'Grossed out' by seeing others kiss but yet still fascinated by it.
- Acts silly when anything sexual is discussed.
- Exposing self to others; "Show me yours, I'll show you mine".
- Family values and appropriate modeling are very important.

