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Do mothers talk to their daughters about sex and sexuality? Mother's Knowledge, Attitude and Practice on giving sexuality education to their daughters aged 7 to 12 years old in Kota Tinggi, Johor, Malaysia

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Background: This study is to see whether mothers talk to their young daughters about sex and sexuality. It also looks at how mothers perceive giving sexual education to children of a younger age.

Material: In this cross-sectional study, self-administered questionnaires were distributed to 76 participants who have daughters from 7 to 12 years old. The data were analyzed using SPSS V.19 program. Median score for knowledge, attitude and practise were compared and correlated with each other.

Results: More than one third of mothers had poor knowledge on sexuality and sexual abuse. More than one third also showed poor practise in giving out sexual education. However, more than 80% showed good attitude. There is significant association between knowledge and practise as well as education level and knowledge. Age and knowledge has significant association too. There is no significant association between age, employment status, education level and financial status with attitude.

Conclusion: A significant number of mothers have poor knowledge and practise in giving out sexuality education. However, it is good to note that they have good attitude towards sexual education. We believe that by increasing mothers' knowledge on sexuality education, more girls in early adolescence will have first-hand exposure to sexual education from their own mothers in a private and more personalized atmosphere rather than in a classroom setting.

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