

Let's Talk About the Birds and Bees



LEVELS

It's common for parents to be nervous about introducing sexuality to children at a young age. It's important to start early and talk often, this allows you and your children to be more comfortable with sensitive topics and foster trust with your kids. Plus, it's important to remember kids may have no other reliable source of information.

Here are age appropriate subjects you and your kids can talk about.

Preschoolers

- Names for body parts
- What makes a baby
- Gender roles
- Similarities and differences among families
- What makes a good friend
- Adults they can talk to
- How to say "No"
- Privacy and appropriate touch
- Bullying and teasing

School-Age

- Names of body parts and functions
- Puberty
- Masturbation
- Process of human reproduction
- Adults they can talk to
- Sexual orientation
- Sexually transmitted diseases and infections
- Healthy relationships
- Peer pressure
- Bullying, teasing and harassment
- Sexual harassment and sexual abuse
- How to safely explore digital spaces

Teenagers

- Names of body parts and functions
- Puberty (body image and physical, emotional, and social changes)
- Masturbation
- Peer pressure
- Contraception methods
- Sexual choices and safe sex
- Healthy relationships and communication skills
- Pregnancy
- Sexually transmitted diseases and infections
- Gender identity, expression and sexual orientation
- Bullying, sexual harassment, sexual abuse and sexual assault
- Internet safety

WHO WE ARE

Founded in 1997, Teen Pregnancy and Prevention Partnership is a non-profit that works with youth serving adults to promote comprehensive, medically accurate sexual health education. TPPP promotes adolescent sexual health and teen pregnancy prevention by uniting Missouri through advocacy, collaboration, training, and public awareness.

The vision of TPPP is to bring together all the stakeholders: teens, parents, clergy, educators, employers, policy makers and health, and social service providers, to ensure that our community is an environment where teens can make healthy decisions for themselves.

At Teen Pregnancy and Prevention Partnership, we believe those who parent children are, and should be, the primary source of their values.



These topics have been adapted from the National Sexuality Education Standards: Core Content and Skills, K-12. The complete set of standards can be found at futureofsexed.org



Teen Pregnancy & Prevention *Partnership*

Contact Us

www.teenpregnancy-mo.org
info@teenpregnancy-mo.org
314.884.8275

ONLINE RESOURCES FOR PARENTS

Amaze & Amaze jr.

Educational resources, including short videos, to build the skills of parents and guardians to better communicate with their children about sex and sexuality.

Website: amaze.org

Teaching Sexual Health

Offers up-to-date evidence-based information and strategies for teachers and educators teaching the Alberta Education Human Sexuality curriculum and for parents of children from birth up to 18 years of age.

Website:
<https://teachingsexualhealth.ca/parents/>

There's No Place Like Home... For Sex Education

A partnership project that consists of reproductive parent newsletters that contain sexuality information relevant to particular developmental stages, useful strategies, communication hints and suggested resources to support parents in the role of primary educators for their children.

Website:
<https://www.advocatesforyouth.org/wp-content/uploads/storage//advfy/documents/noplacelikehome.pdf>

Answer

Provides invaluable sexuality education resources for millions of young people and adults everywhere.

Website:
<http://answer.rutgers.edu/page/parentresources>

Planned Parenthood

Delivers vital reproductive healthcare, sex education and information to millions of people worldwide.

Website:
<https://www.plannedparenthood.org/learn/parents>

Talk With Your Kids

Website: <https://www.talkwithyourkids.org/>

Kids Health from Nemours

Provides families with tools and confidence to make the best health choices.

Website:
<https://kidshealth.org/en/parents/?WT.ac=p2p>

Children's Hospital of St. Louis | Family Resource Center

Free resources for learning more about a diagnosis, condition, general health and wellness.

Website:
<https://www.stlouischildrens.org/health-resources/family-resource-center>

BOOKS FOR ADULTS

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens-From Middle School to High School, and Beyond | Debra W. Haffner, 2008

Talk to Me First: Everything You Need to Know to Become Your Kids 'Go-To' Person About Sex | Deborah Roffman, 2012

Sexuality: Your Sons and Daughters with Intellectual Disabilities | Karin Melberg Schwier, 2000

When Something Feels Wrong: A Survival Guide About Abuse for Young People | Deanna S. Pledge, 2003

How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, their Friends and their Families | Cynthia L. Mather, 2004

Why Me? Help for Victims of Child Sexual Abuse (Even If They Are Adults Now) | Dr. Lynn Daugherty, 2006

The Conscious Parent's Guide to Gender Identity: A Mindful Approach to Embracing Your Child's Authentic Self | Darlene Tando, LCSW, 2016

QUEER: The Ultimate LGBT Guide for Teens | Kathy Belge & Marke Bieschke, 2011

The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are | Kelly Storck, 2016



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