



TIPS FOR TALKING TO YOUNG PEOPLE ABOUT SEXUALITY

- These talks are about health and safety - both physical and emotional.
- The very first thing you need to do is clarify *your* values about sexuality, love and relationships. Start the conversations early and, remember, it's NEVER too late to start these conversations. Always say "this is not for kids and it's for when you're older." Be sure to include your values.
- Get age appropriate books for them to read with or without you.
- Elementary age kids need to know people mostly have sex for pleasure; what "sexy" means; your values about dating; when sex is okay, and all about puberty.
- Remember, this a series of short, informal conversations throughout childhood and adolescence, and not one big "talk" that traumatizes you both.
- Talk to your kids in the car, text them, email them, or write them notes. You don't have to do this face-to-face all the time.
- Look for teachable moments – watching movies or TV, or even from their friend's lives.
- Acknowledge their discomfort and your own and then dive in.
- Make sure they know they are in charge of their bodies, and have the right to say NO if anyone touches them in a way that feels uncomfortable.
- As they age, LISTEN way more than you talk. Reserve judgment and be calm. Use a peer-to-peer communication style.
- Relax and take the time to think about and plan what you want to say before you say it. And say it over and over again!

WHAT KIDS SHOULD KNOW BEFORE THEY GO TO MIDDLE SCHOOL*

Kids should have a good, basic understanding of the following before Middle School. Once they hit Middle School, they are exposed to pretty much everything and it's empowering for them to have the following information from you or another trusted adult.

- Your expectations and values
- The correct names and functions of male and female sex organs
- What sexual intercourse is, how females become pregnant, and how to prevent pregnancy
- The nature and purpose of the menstrual cycle
- What happens during puberty and what the physical changes of puberty mean
- Same-sex relationships
- Masturbation
- Sexual practices including oral and anal sex
- Activities that spread sexually transmitted diseases (STDs), in particular HIV/AIDS
- Sexual abuse prevention skills and information**

**American Academy of Pediatrics recommendations.*

They actually say "by puberty" but I'm nicer and buy you a couple of years!

***Another addition from me!*

WHERE DO I LEARN MORE AGE SPECIFIC INFORMATION?

- **One-on-one consultations** - All about *your kids, your values* and *your family*.
- **Friend + Family Workshops** - 2 hours and all the *age specific* tips and tricks you need.
- **Teleclasses + In-person classes** - Delve into the details on a variety of topics. Check my online calendar for upcoming classes.
- **Online video tips!** BirdsAndBeesAndKids.com
- **Facebook!** Tips, articles, funny stuff, etc.

BOOKS, DVDS + WEB RESOURCES

Birds + Bees + Kids Books + DVDs

DVD - Birds + Bees + Kids - The Basics This hour long video is packed with information for parents of all beliefs. Bonus **Keeping Kids Safe** video included. \$17.95 or download for \$12.95

The Ask ANYTHING Journal – Because an honest question deserves and honest answer! A journal for your kids - they write their questions, you write the answers back! Instant conversation starters. \$14.95

Birds + Bees + YOUR Kids – A guide to sharing your beliefs about sexuality, love and relationships The “how to” guide to having great, easy, values based conversations with your children of any age. \$14.95

Ages 3 to 6

It's MY Body – A book to teach young children how to resist uncomfortable touch, Lory Freeman and Carol Deach

It's NOT the Stork! A book about girls, boys, babies, bodies, families and friends, Robie Harris and Michael Emberley

What's the Big Secret? Laurie Krasny Brown, Ed.D. and Marc Brown

Ages 7 to 9+

It's So Amazing! A book about eggs, sperm, birth, babies and families, Robie Harris and Michael Emberley

The Girls Body Book: Everything You Need To Know For Growing Up YOU! Kelly Dunham and Laura Tallardy

The Boy's Body Book: Everything You Need To Know For Growing Up YOU! Kelly Dunham and Steven Bjorkman

Ages 10 + older

It's Perfectly Normal! Changing bodies, growing up, sex and sexual health, Robie Harris and Michael Emberley

The "What's Happening to My Body?" Book for Girls, Lynda Madaras with Area Madaras

What's Going on Down There? Answers to Questions Boys Find Hard to Ask, Karen Gravelle with Nick and Chava Castro

Changing Bodies – Changing Lives, (14+) Ruth Bell and others

Body Drama – Real Girls, Real Bodies, Real Issues, Real Answers, (14+) Nancy Redd

GLBTQ: The Survival Guide for Queer and Questioning Teens Kelly Huegel and Steven Cozza

Parents + caregivers

So Sexy So Soon - The New Sexualized Childhood and What Parents Can Do to Protect Their Kids, Diane Levin and Jean Kilbourne. How to deal with all that sexy stuff coming at our kids.

Protecting the Gift, Keeping Children and Teenagers Safe (and Parents Sane), Gavin De Becker. One of the best sexual abuse prevention books ever written.

The TALK – What your kids need to hear from you about sex, Sharon Maxwell, Ph.D.

Before She Gets Her Period, Jessica Gillooly, Ph.D. Navigating this special time in your daughter's life.

Other Resources

- **StopItNow.org** - Child sexual abuse support + information
- **D2L.org** - Sexual abuse awareness training for churches, youth serving organizations, teachers, parent groups.
- **SavvyParentsSafeKids.com** - Sexual abuse + abduction prevention tips and classes for parents
- **ThePornTalk.com** - Tips for talking to kids about porn
- **Look-Both-Ways.com** - Internet safety
- **Momster.com** - Great mom-to-mom advice for moms of tweens + teens
- **BirdsAndBeesAndKids.com** - My site with video tips, book suggestions, classes and newsletter sign up.

“Amy Lang makes talking about sex feel like talking about winning the lottery – there are a million wonderful things to do, a million awesome ways to have the conversation.”

Cheryl Murfin,
Seattle's Child Magazine

“After exploring Amy's Guide I now know how to have conversations with them while they are young, so we can continue to have thoughtful, informative, values-oriented conversations as they grow.”

Kyrie C.