



Getting Over the Sex Talk Jitters

Why, When & How to Talk to Your Child about Sex

Why Talk About Sex

1. To prevent consequences
 - Pregnancy
 - STDS
 - Emotional Scars
2. So YOU become your child's sex educator (not your child's friends or the media)
 - Kids get incredibly wrong information from their friends
 - If you're not talking about sex, your child will not know your values

When to Talk About Sex

1. When your child asks questions – but about half will never ask questions
2. Before Kindergarten discuss sexual abusers
3. Kindergarten and 1st grade – begin opening the doors of communication
4. By 3rd grade begin explaining where babies come from in simple terms

(Examples of actual discussions will be provided for each level)

How to Talk About Sex

1. Determine your values: Abstinence until when?
2. Be honest
3. Welcome your child's questions
4. Give simple answers (not lectures)
5. Continuously teach your values
6. Set boundaries