

ABCs of the Birds and Bees

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

This presentation is a great way for parents to learn how to become their child's sex educator. Parents are amazed as they learn how easy it is to have those once dreaded conversations with their children. The program is typically presented to parents of toddlers to 6th graders, but can also be adapted for parents with children of all ages.

Why Talk About Sex

1. To prevent consequences
 - Pregnancy
 - STDs
2. So YOU become your children's sex educator (not their friends)
 - Kids get incredibly wrong information from their friends
 - If you're not talking about sex, your child will not grow-up with 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 first grade – begin opening the doors of communication
4. By third to fourth grade begin explaining where babies come from in simple terms
(Examples of conversations will be provided for each level)

How to Talk about Sex

1. Determine your values: Waiting 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