

10 TOPICS TO CONSIDER BEFORE TALKING TO YOUR CHILD ABOUT HEALTHY SEXUALITY

Kids will get information about sexuality somewhere—it's best if it comes from you. Think about these topics so that you can be prepared for all the talks and questions that come.

SOME IDEAS TO CONSIDER:

What are the most important things you want to teach your child about each topic?
At what age do you want to discuss these topics?
How do your personal views and values impact what and how you teach your child?

10 IMPORTANT TOPICS:

1. Male and female anatomy _____

2. Puberty and menstruation _____

3. Abstinence, safe sex, condoms, birth control, and sexually transmitted infections _____

4. Sexual arousal and masturbation _____

5. Dating behavior, romance, kissing, and hugging _____

6. Consent—both giving and receiving _____

7. Sexual orientation _____

8. Pornography and sexting _____

9. Social media and the importance of privacy _____

10. Respect for others' view and values _____
