

WHAT ARE YOUR VIEWS ON HEALTHY SEXUALITY?

10 topics to consider before talking to your child.

Kids will get information about sexuality somewhere—it's best if it comes from you.

INSTRUCTIONS:

Write down the most important things you want to teach your child about each topic and identify the age you want to discuss them with your child.

TOPIC:

AGE:

Male and female anatomy

Consent—both giving and receiving

Puberty and menstruation

Sexual arousal and self-stimulation

Sexually explicit material

TOPIC:**AGE:**

Dating behavior, romance, kissing, and hugging

Abstinence, safe sex, condoms, birth control, and sexually transmitted infections

Sexual orientation

Social media, sexting, and the importance of privacy

Respect for others' views and values

INDIVIDUAL REFLECTION:

After you've written down your thoughts about these topics, spend a few minutes reflecting on which one you want to talk to your child about today and how you might approach it.

Defend Innocence has created infographics to help you have age-appropriate conversations with your child. This information is based on research and best practices, but you know your child better than anyone. Trust your intuition and judgment as you decide what and when to teach.

- Want the Infographics?
 - Text "TEACH" to 69922 or visit defendinnocence.org