

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: Male and female anatomy

Age:



Topic: Consent—both giving and receiving

Age:



Topic: Puberty and menstruation

Age:



Topic: Sexual arousal and self-stimulation

Age:



Topic: Sexually explicit material

Age:



Topic: Dating behavior, romance, kissing, and hugging

Age:



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

Age:



Topic: Sexual orientation

Age:



Topic: Social media, sexting, and the importance of privacy

Age:



Topic: Respect for others' views and values

Age:

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