



# Having “The Talk” with your kids

Age appropriate suggestions on talking about sex.

## Keep your children safe & healthy. . . talk with them about sex!

As a parent, you want to help your kids stay safe and healthy. Be a source of information and support. **All kids learn about sex somehow, but it makes a difference when they hear it from you.** Talk with your kids openly; honestly and often to help them learn how to prevent sexual assault, pregnancy and the diseases people can get from having unprotected sex. **Start now.** The earlier you start, the easier it is. You don't have to be an expert, just relax and learn with your child.



### Puberty & Preteen Development

- As your child goes through puberty, emphasize that all bodies develop differently and at their own pace.
- Reinforce that masturbation is natural and healthy, but should be done privately.
- Share personal experiences or use examples from popular media to discuss what healthy relationships look and feel like.
- Discuss your family's expectations and values about dating and sexual activity.



### Adolescence & Healthy Relationships

- Discuss and reinforce the benefits of delaying sexual activity.
- Promote birth control and STD prevention to help them avoid risky sexual behavior.
- Encourage your child to evaluate their relationships. Reinforce that healthy relationships are built on trust and equal power.
- Ensure that they know how to say “no.” Explain what mutual consent means and why it is important.
- Share where they can access sexual and reproductive health care services.

For more information visit [thecapcenter.org](http://thecapcenter.org) or call 916-244-1906

See more at: <http://www.talkwithyourkids.org/>. Talk With Your Kids is a project of California Family Health Council.

