

Communication About Sex: Timing and Approach



Talking about sex and sexuality gives you a chance to share your knowledge, values, and beliefs with your child. Sometimes the topic or the questions may seem uncomfortable, but your child needs to know there is always a reliable, honest source they can turn to for answers.



Toddlers & Early Elementary

- Teach the correct vocabulary early
- Teach self-body control and independence
- Talk about consent with friends and family
- Teach the importance of identifying a safe adult

Late Elementary & Middle School

- Discuss what a healthy relationship looks like
- Introduce concepts of gender stereotypes
- Teach critical thinking skills
- When your kids ask about sex, start with what they know

High School & Young Adults

- Continue with more complex issues surrounding sexual consent
- Talk about the portrayal of sex in the media
- Talk about what a healthy sexual relationship looks like

Resources

The Complete Guide to Teaching Kids Consent at Every Age
[healthline.com](https://www.healthline.com)

Medically Accurate Sex Ed
[amaze.org](https://www.amaze.org)

When and How to Talk About Sex
[healthychildren.org](https://www.healthychildren.org)

Resources for Parents
[plannedparenthood.org](https://www.plannedparenthood.org)

Darkness to Light
[d2l.org](https://www.d2l.org)