

Age	Topics	Examples of things you could say	When and how
0 to 2	<p>Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.</p> <p>Emphasize that private body parts are beautiful and special.</p>	<p>“I’m cleaning your arm. I’m cleaning your penis/scrotum/vulva.”</p> <p>“I’m changing your diaper and I’m cleaning your vulva/scrotum/penis.”</p> <p>“This is your penis/this is your vulva. These are great body parts. They are cool body parts that cool things happen to – urine comes out of them, and babies come out of them.”</p> <p>“These body parts are special and should be kept protected and private.”</p>	<p>Matter-of-factly</p> <p>During bath time</p> <p>When changing a diaper</p> <p>Don’t make a big deal of the conversations.</p> <p>Convey that penis, scrotum, vulva, vagina, breasts are just words, like elbow and nose.</p> <p>Helpful books and websites</p>
3 to 5	<p>Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.</p> <p>Private parts should be covered.</p> <p>Talk about consent and boundaries.</p> <p>It’s okay for children to explore their body.</p>	<p>“It’s okay to touch your body and you can do this in private.”</p> <p>“We keep our vulva/scrotum/penis/breasts covered.”</p> <p>“It’s not okay for anyone to see or touch your penis/vulva/breasts. Exceptions are going to the doctor or cleaning after going to the bathroom.”</p> <p>“You aren’t obligated to give anyone a hug if you don’t want to, even to grandmother or grandfather.”</p> <p>“Respect others, if they don’t want a touch or a hug.”</p>	<p>Without embarrassment</p> <p>Read to your child age-appropriate books about safety, sexuality, diversity and body autonomy.</p> <p>When you’re preparing to take a shower, you could tell your child that you need privacy because people should keep their penis/scrotum/vulva/vagina/breasts private.</p> <p>Use scenes in movies, commercials and TV shows to start conversations.</p> <p>Helpful books and websites</p>
6 to 8	<p>Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.</p> <p>Your child may ask how babies are made.</p> <p>Talk about touches that are okay and not okay.</p> <p>Develop a safety plan.</p>	<p>“If someone wants to give you a touch on your penis/vulva/breast, it’s not okay. It may be okay if you are hurt there, or if you are at the doctor’s office; but other than that, there’s no good reason for anybody to give you a touch there.”</p> <p>“Let’s create a safety plan if someone gives you a touch on your body that’s not okay – it could be a hit or a smack, or a touch on your penis/vulva/breast. First, get away from that person as soon as you can. Then, tell someone you trust.”</p> <p>“There are lots of ways to become a parent. One way is when two adults get their bodies together and the sperm from the male combines with the egg from the female to make a child. Adoption is another way.”</p>	<p>When developing a safety plan, identify adults your child trusts, a teacher or coach, for example.</p> <p>Read with your child or ask your child to read age-appropriate books about safety, body autonomy, sexuality and diversity.</p> <p>Use scenes in movies, commercials and TV shows to start conversations.</p> <p>Helpful books and websites</p>
9 to 12	<p>Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.</p> <p>Puberty</p> <p>Diversity</p> <p>Normalize growing hair, menstruation, erection, masturbation.</p>	<p>“Your body is changing and your voice is changing, and all this is totally normal.”</p> <p>“Menstruation is also called a period. Most women have a period every month, which means they bleed from their vagina a little. This is how the body prepares for a baby one day.”</p> <p>“If you are going to touch your penis or vagina, which is totally normal, do it in a private space.”</p> <p>“Erection and masturbation is totally normal, and it’s something private.”</p>	<p>Erase the mystery and let your children know what to expect.</p> <p>Have conversations about diversity. <i>The Every Body Book</i> is appropriate for that age group. The book is an illustrated LGBTQ+ inclusive kid’s guide to sex, gender and relationships.</p> <p>Recommend age-appropriate books about these topics to your child.</p> <p>Use scenes in movies, commercials and TV shows to start a conversation.</p> <p>Helpful books and websites</p>
Teens	<p>Teens need to know that masturbation is normal.</p> <p>Sex and love</p> <p>STIs</p> <p>Pregnancy</p> <p>Pornography</p> <p>Sexting</p>	<p>“When having sex, it is important to use a condom for health and safety. Condoms help prevent sexually transmitted infections and pregnancy.”</p> <p>“Love is a deep, emotional connection that develops overtime.”</p> <p>“Sometimes, it may be really appealing to send or ask someone to send you a picture (nude) but let’s talk about the risks.”</p> <p>“It’s important for people to ask their sexual partner, ‘Are you going to be okay with this?’”</p>	<p>You have laid a foundation. By now using correct terms for genitals and conversations about sexuality are normal.</p> <p>You may discuss decisions you have handled well or regretted.</p> <p>Explain the dangers of sexting and pornography addiction.</p> <p>Use scenes in movies, commercials and TV shows start a conversation.</p> <p>Helpful books and websites</p>