



Talking To Your Kids About Sex

By developing open, honest and ongoing communication about responsibility, sex, and choice, parents can help their kids learn about sex in a healthy and positive manner.

Tips for Parents

- 1.) Be clear about your own sexual values and beliefs, and be open in sharing your values and concerns.
- 2.) Talk with your children early and often about sex, and be specific.
- 3.) Encourage your child to talk and ask questions.
- 4.) Maintain a calm and non-critical atmosphere for discussions.
- 5.) Use words that are understandable and comfortable.
- 6.) It's OK not to know something!
- 7.) Keep your sense of humor, and don't be afraid to talk about your own discomfort.
- 8.) Discuss the importance of responsibility for choices and decisions.
- 9.) Help your child to consider the pros and cons of their choices.

Resources

Books for Parents

Talking Sex with your Kids: Keeping them Safe and You Sane – By Knowing What They're Really Thinking. Amber Madison. Amber Madison, 2010, Adams Media.

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask): The Secrets to Surviving Your Child's Sexual Development from Birth to the Teens
Richardson, J. and Shuster, M., 2004, Three Rivers Press

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex

Roffman, D., 2001, De Capo Press

The Real Deal is a project of the Memphis Center for Reproductive Health, a non-profit health center whose mission is to empower individuals in the Mid-South community to make informed choices for and about their reproductive health.

For more information visit www.mcrh-tn.org.

Books for Girls and Boys

It's Perfectly Normal

Harris, R.H., 2004, Candlewick Press.

It's So Amazing! A Book about Eggs, Sperm, Birth, Babies, and Families

Harris, R.H., 2004, Candlewick Press.

S.E.X. The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College

Corrina, H., 2007, De Capo Press

Books for Girls

My Body, My Self for Girls

Madaras, L. and Madaras, A., 2007 Newmarket Press.

What's Happening to My Body? Book for Girls

Madaras, L., 2007 Newmarket Press.

Books for Boys

My Body, My Self for Boys

Madaras, L. and Madaras, A., 2007 Newmarket Press.

What's Happening to My Body? Book for Boys

Madaras, L., 2007 Newmarket Press.

Websites for Parents

The National Campaign to Prevent Teen and Unplanned Pregnancy

<http://www.thenationalcampaign.org/parents>

Advocates for Youth Parents Sex Ed Center

<http://www.advocatesforyouth.org/parents>

Scarleteen For Parents

http://www.scarleteen.com/for_parents

Websites for Teens

Scarleteen: Sex Ed for the Real World

<http://www.scarleteen.com/>

Sex. Really.

<http://www.sexreally.com/>

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