



## 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](http://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](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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