

10 Do's & Don'ts of Sex Talks with Kids

Becoming a powerful sexual health resource for the children in your world

Do



Don't

start the talks early, building on the foundations as they grow.

use accurate terms like "vulva," "penis," "sex," & "breasts."

acknowledge when you feel uncomfortable or out of your element.

use books, trusted websites & videos to support the talks.

use open-ended questions or statements & active listening.

help them explore their values, sharing facts to prepare them for independent decision making.

talk about sex and bodies in the context of pleasure.

educate all children, regardless of gender, about all aspects of sexual health.

help your child identify other trusted adults to speak with as needed.

make space to nurture your own sexual health, including traumas.

Do trust that you are the best person for your child to learn this information

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wait until they are a tween or teen to open up the talks.

use euphemisms like "hoohaw," "wee wee," "birds & bees," and "boobies."

fake comfort. Kids can often tell & are more likely to clam up if you aren't being authentic with them.

think you have to know it all.

interrogate or lecture.

use fear-based messages to scare them or demand they adopt your same values.

speak only within the context of reproduction.

limit what you share, based on their gender, or leave the talks up to another adult of their same gender.

limit their supports to just you.

forget to reach out for support when you need it along the path.

Don't underestimate your influence.

If you found this helpful, visit sexpositivefamilies.com for more guides and resources