

Top 10 Takeaways from...

Birds and Bees: Answering the awkward questions with grace and confidence

1. Parents are the most important and influential teachers in their child's lives, even through adolescence and early adulthood.
2. Children begin the process of developing their self concept and ideas about sexuality, confidence, and morality in infancy. This development evolves just as motor development, cognitive development, social development, etc. does and is part of normal, healthy human growth. We do not delay their development by delaying giving them information.
3. Accurate information and education, along with open, healthy dialogue with their parents, is the best way to help children develop a strong sense of confidence and ability to make safe decisions about their own sexuality as they grow and develop.
4. Education about sexual development and sexuality is best done in little bits along the way much like we teach number recognition before jumping into calculus.
5. If we avoid talking about sexuality, or change the subject, or passively show our own discomfort with the subject, we give our children the message that these topics are "off limits" and clearly indicate that we are NOT a resource for them in this area.
6. Children who are well informed and (relatively!) comfortable talking about sexuality are less likely to be targeted by sexual predators. Sexual predators seek vulnerable children. Help your children be less vulnerable by arming them with accurate information and the belief that YOU are a resource for them regardless of the subject matter.
7. A one time "sex talk" DOES NOT provide the kind of support children need to successfully walk through the process of their own sexual development. They need different information at different times in their own development. They need more than "just the facts." They need your support. They need you to be able to talk openly about sex and sexual development in order for them to see you as a resource.
8. They WILL seek information elsewhere if you do not provide it. They WILL seek information elsewhere even if you DO provide it! By showing them that you are a resource you give them a safe place to be able to seek ACCURATE information.
9. Having a healthy view of sexual development and confidence in their own bodies helps children grow into adolescents and adults who are capable of making safe and healthy decisions about exploring sex and sexuality.
10. Encouraging your children to be "thinkers" and arming them with the support and information to make healthy, safe, responsible decisions is a remarkable gift that you can offer.

Resources:

It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends (The Family Library) Paperback

by [Robie H. Harris](#) (Author) , [Michael Emberley](#) (Illustrator)
(best for kids 4 and up)

It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families (The Family Library) Paperback

by [Robie H. Harris](#) (Author) , [Michael Emberley](#) (Illustrator)
(best for kids 7 and up)

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health (The Family Library) Paperback

by [Robie H. Harris](#) (Author) , [Michael Emberley](#) (Illustrator)
(best for kids 10 and up)

Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents Paperback

by [Sam Gitchel](#) (Author) , [Lorri Foster](#) (Author)
(this book has a section in the back that helps guide conversations for parents to have with their children about sex)

Period.: A Girl's Guide Paperback

by [JoAnn Loulan](#) (Author) , [Bonnie Worthen](#) (Author) , [Marcia Quackenbush](#) (Illustrator) & 1 more

(this one is focused JUST on periods and questions girls might have. great for girls starting around age 9)

What's Happening to My Body? Book for Boys: Revised Edition Paperback

by [Lynda Madaras](#) (Author) , [Area Madaras](#) (Author) , [Simon Sullivan](#) (Author)
(great for preteen and teen boys)

What's Happening to My Body? Book for Girls: Revised Edition Paperback

by [Lynda Madaras](#) (Author) , [Area Madaras](#) (Author) , [Simon Sullivan](#) (Author)
(great for preteen girls and boys)

The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition

Paperback

by [Valorie Schaefer](#) (Author) , [Josee Masse](#) (Illustrator)
(great for girls age 8 and up)

*Planned Parenthood's website has a **great** section that offers support and information for parents regarding talking to children of all ages about sex and sexuality:*

<http://www.plannedparenthood.org/parents/talking-kids-about-sex-sexuality-37962.htm>