

What Are Your Views on Healthy Sexuality?

10 Topics to Consider Before Talking to Your Child

Instructions: Write down the most important things you want to teach your child about each topic and identify the age you want to begin discussing them with your child.

1: Male and female anatomy | Age:

2: Consent: both giving and receiving | Age:

3: Puberty and menstruation | Age:

4: Sexual arousal and self-stimulation | Age:

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5: Sexually explicit material | Age:

6: Dating behavior, romance, kissing, and hugging | Age:

**7: Abstinence, safe sex, condoms, birth control,
and sexually transmitted infections** | Age:

8: Sexual orientation | Age:

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9: Social media, sexting, and the importance of privacy | Age:

10: Respect for others’ views and values | Age:

Individual Reflection: After you’ve written down your thoughts about these topics, spend a few minutes reflecting on which one you want to talk to your child about today and how you might approach it.

Saprea has created Connect to Prevent to help you have age-appropriate conversation with your child. This information is based on research and best practices, but you know your child better than anyone. Trust your intuition and judgment as you decide what and when to teach.

Want to access Saprea's Connect to Prevent resource? Scan this code.

