



## ***Rock the Talk***

### ***Why, When and How to Talk to your Child about Sex***

Talking with your child about sex is so much more than just “the talk”! This program is designed to give parents important information, skills and most importantly, confidence to take on their important role as primary sex educator of their children. This program is typically presented to parents of toddlers to 6<sup>th</sup> graders but can also be adapted for parents with children of all ages.

## **INTRODUCTION**

Talking about sex with your children is challenging, but necessary. Three reasons it can be difficult are shared. Early foundations of healthy and positive sexuality education can provide life-long support.

### **WHY talk to your child about sex**

We live in a sex-saturated society. Parents need to prepare children to make healthy choices about sex, help prevent the negative consequences of teen sexual activity, and promote positive communication on this important topic.

### **WHEN and HOW to talk to your child about sex**

Talking about sex with children is both *progressive* and *relational*.

Five life stages are presented:

PreK- Kindergarten: Body basics, family values

K-2<sup>nd</sup> grade: Answering questions, begin as you want to go on

3<sup>rd</sup>-4<sup>th</sup> grade: Preparing for puberty, technology safety

5<sup>th</sup>-6<sup>th</sup> grade: Puberty and reproduction

7<sup>th</sup>-12<sup>th</sup> grades: Values for dating, sex, relationships

## **PARENT CONNECTEDNESS**

A basic framework for emotional and relational needs is presented. The importance of parent and school connectedness for supporting healthy decisions is explored, as is an overview of effective parenting techniques.