Where can I learn more?
Resources for Parents:

Websites:
Families are Talking
Information for teens and parents on sexuality issues in English and Spanish.
www.familiesaretalking.org
www.lafamilahabla.org

Advocates for Youth
Resources and information regarding numerous health and well-being topics, such as sexuality, body image and relationships for teens and parents.
www.advocatesforyouth.org

Books:
Beyond the Big Talk: Every Parent’s Guide to Raising Sexually Healthy Teens-From Middle School and Beyond.


It’s So Amazing! (ages 7 to 10) and It’s Perfectly Normal (ages 10 and up).
Harris + Emberley, Candlewick Press, 2004
Illustrated sexual health books for younger audiences.

DVD:
The Talk: An Intercourse on Coming of Age
For ages 12 to adult. www.youthperformanceco.com or 612-623-9180

How do I talk to my kids about sex?

250 3rd Avenue North, Suite 625
Minneapolis, Minnesota 55401
www.birdsandbees.org
612.821.9795

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Age-Appropriate Sexuality Education is Important at Every Age and Stage of Development.

At ages 9 to 12 most young people will:

• Enter puberty: a time of increased production of hormones. Skin becomes oily and might develop pimples; sweating increases and youth may have body odor and pubic hair begins to grow.

• Masturbate: (both males and females) and have fantasies about sex.

• Experience body changes such as:
  Males: genitals mature, scrotum darkens, voice deepens, sperm is produced and erections, ejaculation and wet dreams are more frequent.
  Females: genitals mature, breasts develop, ovulation and menstrual cycle begins.

At ages 13 to 17 most young people will:

• Complete puberty and the physical transition from childhood to adulthood.

• Continue to be influenced to engage in sexual behaviors by peers and the media.

• Build skills to become self-sufficient, develop mature relationships and seek increased power over their own lives.

Have a Question?

Contact The Birds & Bees Project at pcr@birdsandbees.org