

# 8 IMPORTANT THINGS TO KNOW BEFORE YOU EVEN START

**1** Information given to young children....including information about sexuality....is **helpful, not harmful**.

In fact, research tells us that children whose parents speak openly about these topics with their children **postpone** involvement in sexual activities when they are older, and act more responsibly if and when they become involved.

**2** Talking with young children about sex, gender, and reproduction in their early years identifies **you** as their trusted source of knowledge and guidance.

Also, your children will be much less likely to seek out other inaccurate and misleading sources of "information," like peers, media, and the Internet, if they think of **you** as their "go-to" person.

**3** You definitely **don't** have to "wait until they ask," and actually, you shouldn't! By waiting, you will practically guarantee that their first sources of knowledge will not be you.

# 4

The idea of giving “too much information too soon” is a myth. Just like other subjects, if children hear information from a calm, caring adult that is beyond their ability to absorb or understand, they’ll simply become bored and turn their attention elsewhere.

# 5

Conversing about sexuality with your children also means talking about gender. Helping children become aware of the stereotypical gender roles they’re exposed to will encourage them to be themselves and accept other children for who they are too.

# 6

Adults don’t “put ideas” in children’s heads! Left to their own natural curiosity—and if they perceive adults around them to be approachable and “askable”—many young children will spontaneously ask a predictable sequence of questions about their origins, at ages 4, 5 and 6. Let their questions help guide your conversations.

# 7

Talking to kids about their origins is not the same thing as talking about “adult sex.” To them, it’s about **the science** of how new life is created. As they grow up, you’ll be able to help them understand that sexual behavior is about way more than body parts, and that sex is not only about reproduction.

# 8

Remember, it’s never “just talk” and never “too late”! Engaging children in these conversations helps ensure healthy sexuality for the rest of their lives.