



**TALK SEX TODAY!** *This checklist is intended to be a guide for parents to know what to teach their children about sexual health and when.*

### **PRESCHOOL CHECKLIST (K-Gr.1)**

**Your preschooler needs to know:**

- the three private parts of the body: mouth, breasts, and genitals
- that they have ownership of their bodies (basics of consent)
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus)
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse.
- that the baby grows in the uterus (not the stomach)
- that the baby is usually born through the vagina
- that families are formed in different ways and are all unique
- not to pick up condoms or needles

Bonus points

- basics about gender stereotypes
- basics about periods and wet dreams

### **PRIMARY CHECKLIST (Gr.2-3)**

**Your primary child needs to know everything preschoolers need to know, plus:**

- the basics about periods and wet dreams as clean and healthy processes

Bonus points

- more about body changes during puberty

### **INTERMEDIATE CHECKLIST**

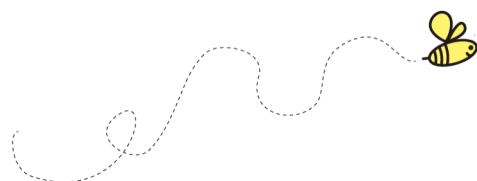
**Your intermediate child needs to know everything the previous age groups have learned, plus:**

**(Gr. 4-5)**

- the responsibilities that come with the decision to be in a sexual relationship
- basic information about sexually transmitted infections (STIs)
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect
- that homophobic language, jokes, and attitudes are unacceptable
- all about physical and emotional changes at puberty
- skills that foster a healthy body image
- basic assertiveness skills
- digital and media literacy
- how to make smart decisions and stay safe on the Internet

*Smart decisions start here.*

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**(Gr. 6-7)**

- smart decision making regarding social media, including discussion of cyberbullying, sexting, and selfies
- how to think critically about pornography
- more about sexual consent in the context of relationships
- how to think critically about gender stereotypes
- what makes for a healthy relationship
- factors to consider when exploring emotional readiness for a sexual relationship
- the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy
- that most teens are not sexually active
- about condoms and emergency contraception (EC) use
- the importance of taking responsibility of one's health (for example, testicular self-examinations)

**ADOLESCENT CHECKLIST (Gr. 8-12)**

**Your adolescent child needs to know everything the previous age groups have learned. They should also know:**

- about sexual consent and how to express their boundaries assertively
- how to cope with a break-up
- about the proper use of condoms, oral contraception, and IUDs
- about STI and pregnancy myths
- about the availability of and have access to community sexual health resources
- pregnancy options
- what to expect during a sexual health examination

**They should also have:**

- a deeper understanding of healthy versus unhealthy relationships
- relationship and sexual decision-making skills, as well as effective communication skills
- safety agreements for going to parties

**And they should understand:**

- the pressure placed on teens to be sexually active
- their personal sexuality-related values and boundaries
- the impact of our hypersexualized society

## SEX TALK? NO SWEAT.

### Tips for Parents:

- Ditch the baby talk: no more pee-pee, wormy, dinky, wieners or boobies. Use scientific names for body parts. Children need to learn appropriate vocabulary for their safety.
- Think of teaching your child about sexual health not as “The Talk”, but as an ongoing conversation. Have lots of talks, even a two minute conversation is valuable.
- Take advantage of teachable moments. Explain what those monkeys at the zoo are *really* doing. Tell the truth about relevant family situations (No, Uncle Bryan and Uncle Steve aren't just roommates).
- Use books and Apps created to help parents just like you. They're lighthearted and fun, they keep children engaged, and they say all the hard stuff for you. Do it before bed, they'll do anything to keep you from turning off the light and walking out the door!
- Tell your child a bit more than you think, a bit sooner than you think. The key is to stay ahead of the game with accurate information so your child will think critically about what they see and hear in their sexualized world. Plus, they'll know they can go to you if they have any questions.
- Give body science information before they ask. Some children never ask questions about their bodies, but still need to be educated and protected
- Remember that you can't tell a child too much. Anything that isn't relevant, interesting or on their radar yet will just go over their head. Trust me on that.
- Don't panic when your child asks a question and you have no clue how to respond. Stay cool, congratulate them for asking such a great question and explain that you need some time to think about a scientific answer. Get back to them after dinner or before bed (or when you get out of the grocery store or when your guests leave...). Call me if you need to, we'll come up with something good! And if you hate the answer you gave, there's always a chance for a re-do.
- Remember, questions are the most natural opportunity to provide life-saving information. And if your child didn't trust you as a credible source of information, they would ask their friend's older brother. Go you!
- Say “penis goes into the vagina to deliver sperm to the egg” over and over again while you empty the dishwasher (in your head, probably). If you can master a few key words or phrases, I promise answering your child's questions will be way less stressful.
- Lighten up. Don't take yourself too seriously and enjoy the funny use of words, mispronunciations and questions. I see many entertaining and invaluable conversations in your future!

# RESOURCE LIST

## BOOKS FOR PARENTS

*Talk Sex Today.* By Saleema Noon and Meg Hickling, published by Wood Lake.

*Queen Bees and Wannabes.* By Rosalind Wiseman, published by Three Rivers Press.

*Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex.* By Dr. Karen Rayne, published by Impetus Books.

*Talking to Your Kids About Sex.* By Dr. Laura Berman, published by DK.

*Helping Your Sexually Abused Child.* By Louise Doyle and Peta Hammersley, published by Act II Society, Vancouver, B.C.

## BOOKS FOR PRESCHOOL AND PRIMARY CHILDREN

*Boys, Girls and Body Science.* By Meg Hickling, published by Harbor Publishing.

*The Very Touching Book.* By Jan Hindman, published by Alex Andria Association.

*What's the Big Secret? Talking about sex with girls and boys.* By Laurie and Marc Brown, published by Little.

*Where Did I Come From? and What's Happening To Me?* By Peter Mayle, published by Lyle Stuart (also available on DVD).

*Sex is a Funny Word.* By Cory Silverberg, published by Seven Stories Press.

*What Makes a Baby?* By Cory Silverberg, published by Triangle Square.

## BOOKS FOR CHILDREN IN PUBERTY

*The Care and Keeping of You and other American Girl Series* for girls aged 8 and up. These books offer valuable support and guidance on a range emotional and academic issues associated with growing up.

*The Body Book for Boys.* By Grace Norwich, published by Scholastic.

*The Boy's Body Book: Everything You Need to Know for Growing Up You.* By Kelli Dunham, published by Applesauce Press.

*It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health and It's Amazing!* By Robie H. Harris, published by Candlewick Press.

*Puberty Boy.* By Geoff Price, published by Allen and Unwin.

*Puberty Girl.* By Shushann Movsessian, published by Allen and Unwin.

*Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem.* By L. Raphael and G. Kaufman, published by Free Spirit.

*What's Happening To Me?* By Peter Mayle, published by Lyle Stuart.

*What's Happening to Me?* One book for boys, one book for girls. Published by Usborne Books. [www.usborne.com](http://www.usborne.com)

*All Made Up: A Girl's Guide to Seeing Through Celebrity Hype and Celebrating Real Beauty.* By Audrey D. Brashich, published by Walker.

## MAGAZINES FOR GIRLS

Discovery Girls, ages 8 and up [www.discoverygirls.com](http://www.discoverygirls.com)

American Girl, ages 7 and up [www.americangirl.com](http://www.americangirl.com)

New Moon, ages 8 and up, [www.newmoon.org](http://www.newmoon.org)

Vervegirl, ages 13 and up, [www.vervegirl.com](http://www.vervegirl.com)

## BOOKS FOR TEENS

*S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College.* By Heather Corinna, published by Da Capo Press.

*The Guy Book: A User's Manual.* By Mavis Jukes, published by Crown Books for Young Readers.

*Changing Bodies, Changing Lives: A Book For Teens on Sex and Relationships.* By Ruth Bell, published by Random House.

*The New Teenage Body Book.* By Kathy McCoy and Dr. Charles Wibbelsman, published by Simon and Schuster.

## BOOKS CELEBRATING DIVERSE FAMILIES

*The Different Dragon.* By Jennifer Bryan, published by Two Loves Publishing.

*While You Were Sleeping.* By Stephanie Burks, Little Man Publishing.

*Asha's Mums.* By Rosamund Elwin and Michell Paulse, published by Women's Press.

*Molly's Family.* By Nancy Garden, published by Straus and Giroux.

*How Would You Feel If You're Dad Was Gay?* By Ann Heron and M. Maran, published by Alyson Wonderland.

*Making Love Visible: In Celebration of Gay and Lesbian Families.* By Jean Swallow, published by The Crossing Press.

## **INFORMATIVE, FUN, INSPIRING WEBSITES**

SEXUAL HEALTH for kids  
[www.kidshealth.org](http://www.kidshealth.org)

SEXUAL HEALTH for parents  
[www.optbc.org](http://www.optbc.org)  
[www.scarleteen.com](http://www.scarleteen.com)  
[www.safehealthyschools.org](http://www.safehealthyschools.org)  
[www.sexualityandu.ca](http://www.sexualityandu.ca)  
[www.urbandictionary.com](http://www.urbandictionary.com)  
[www.pflagcanada.ca](http://www.pflagcanada.ca)

SEXUAL HEALTH for teens  
[www.scarleteen.com](http://www.scarleteen.com)  
[www.optbc.org](http://www.optbc.org)  
[www.blush.vch.ca](http://www.blush.vch.ca)  
[www.makelovenotporn.com](http://www.makelovenotporn.com)  
[www.sexualityandu.ca](http://www.sexualityandu.ca)  
[www.wontgetweird.com](http://www.wontgetweird.com)  
[www.goaskalice.com](http://www.goaskalice.com)  
[www.lacigreen.tv](http://www.lacigreen.tv)

## **EMPOWERMENT**

[www.gurl.com](http://www.gurl.com)  
[www.newmoon.org](http://www.newmoon.org)  
[www.solegirls.org](http://www.solegirls.org)  
[www.safeteen.ca](http://www.safeteen.ca)  
[www.discoverygirls.com](http://www.discoverygirls.com)  
[www.beinggirl.com](http://www.beinggirl.com)  
[www.boyslife.com](http://www.boyslife.com)  
[www.pinkshirtday.ca](http://www.pinkshirtday.ca)  
[www.goodmenproject.com](http://www.goodmenproject.com)  
[www.amysmartgirls.com](http://www.amysmartgirls.com)

## **SAFETY**

<http://backgroundchecks.org/cyber-bullying-helping-the-bullied-stopping-the-bullies.html>  
[www.bullybeware.com](http://www.bullybeware.com)  
[www.mediasmarts.ca](http://www.mediasmarts.ca)  
[www.common sense media.org](http://www.common sense media.org)  
[www.safeonline.ca](http://www.safeonline.ca)  
[www.safekidsbc.ca](http://www.safekidsbc.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.cyberbullying.ca](http://www.cyberbullying.ca)