

Talking Points by Developmental Stage

We want to keep things sacred in the lives of our children and families. It is important to know what to say and when to say it.

Toddlers and Preschoolers

Your Body Belongs to You

It is never too early to begin educating your kids about sex. At this age, you can begin to talk about “safe” touch and “unsafe” touch.

Tell them...

- **No touching other people’s private parts.**
- **No other people can touch your private parts.**
- **No showing of private parts to other people.**
- **No looking at other’s private parts.**
- **No touching of private parts in public.**

Teach your child proper names for reproductive parts of the body. A child points to a body part; name it for them. Female reproductive parts include the vagina, uterus, and ovaries, and breasts. Male reproductive parts include the penis and testicles. These parts are private.

Young children may stimulate themselves through rubbing or touching, similar to other self-soothing behavior. Periodic self-touch behavior is not harmful, but needs to be done in privately. At age 3 or 4, most kids realize that different bodies have different private parts. They may play games like “doctor.” These play activities can be teachable moments about body differences, boundaries, and privacy.



For information sex education for toddlers and preschoolers, **CLICK HERE.**

View the Sexual Behavior Rules for school-aged children, **CLICK HERE.**

Elementary Children

Your Body is Changing, It Still Belongs to You.

Talk with your kids early about sex and sexual development. Puberty typically begins between the ages of 8 to 14. Have discussions with your kids about changes in their body and what to expect with these changes.

Topics that parents talk with their elementary-aged children about.

- **Puberty and body changes**
- **Relationships and friendships**
- **Body positivity and image**
- **Boundaries and consent**
- **Communication about feelings**
- **Sexual behavior and pregnancy**
- **Safety, sexual abuse and assault**

The information contained in this toolkit and multimedia content represents the views and opinions of the creators and not the views of OUHSC or states, tribes, and agencies. Mandatory reporting requirements and response to PSB varies between jurisdictions. For more information about mandatory reportings of child abuse and neglect, visit: <https://www.childwelfare.gov/pubPDFs/manda.pdf>

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Teens and Young Adults

Your Body, Your Decisions, Your Future.

Talk with your teens early. Sexual images are everywhere in the news, advertising, movies, and social media, educate them about sex.

Teach your teen about boundaries in relationships and with family. Remind them their bodies are their own.

Talk often about sexual development, safe sex, and healthy relationships.

Talk about your feelings, state facts, and ask for their point of view.

Model healthy relationships, behaviors, and choices regarding sexual health and relationships.

Topics that parents talk with their teens and young adults about

- Emotional well-being and expression
- Body positivity and image
- Identity, gender identity, and expression
- Sexual orientation and identity
- Consent and healthy communication
- Intimacy and relationships
- Sexual activity, pregnancy, sexually transmitted infections
- Abstinence and safe choices
- Safety, sexual abuse and assault
- Rules and laws about sexual behavior



For information on consent and communication, [CLICK HERE.](#)

10 Practices to Keep the Circle Sacred for all Developmental Stages

1. Having rules about modesty and privacy in the home- getting dressed, going to the bathroom, bathing, co-bathing
2. Protecting kids from violence or physical abuse
3. Finding friends who care and make good decisions, monitoring friendships with different developmental abilities
4. Trusting relationships with caring adults
5. Choosing caregivers carefully
6. Communicating clear messages about modesty, boundaries, and privacy
7. Minimizing the time kids spend alone
8. Eliminating exposure to sexual images or sexual behaviors in person or on the Internet
9. Knowing the warning signs of PSB and sexual abuse
10. Sharing values and beliefs

Remind your kids...

- No secrets are good secrets
- If you see something, say something
- No one has the right to touch, hug, or tickle you- you get to say what makes you comfortable
- You will not get in trouble for speaking up

Following Sexual Behavior Rules for Parents and Caregivers

If your child has demonstrated PSB, it's important to have a safety plan and follow these general rules.

1. **Be calm.** As a parent, it is important to remain calm when PSB occurs.
2. **Communicate with your child and any other children.** Have a conversation with your child about safety, communication, and trust. Talk with other children about sexual behavior rules in the home (link out to rules graphic on next page). Have ongoing conversations with each child so that they know the sexual behavior rules. You want your child to come to you with any questions they have.
3. **Close supervision is important** when the child is with other children. Children who have acted out sexually with other children need continuous visual supervision.
4. **The child with problematic sexual behaviors should not sleep in the same bed with other children.** The child should sleep in a room alone.
5. **Communicate clear rules and expectations about privacy and appropriate sexual behavior** to all your family members. It is important that all members of the family know and observe these rules. All children and adults in the home should be included in discussing the privacy rules.
6. **Have privacy rules in place.** Insist on privacy in the bedrooms and bathrooms. Have clear rules in place about entering bedrooms or bathrooms.
7. **Personal self-care should occur in private.** Once a child has demonstrated problematic sexual behavior with other children, the child needs to bathe alone and should take care of personal self-care in the bathroom without the presence of other children.
8. **An adult should remain in charge of all the children.** Children with problematic sexual behaviors should not be given any opportunities to assume a role of authority over other children.
9. **Children need to be protected from sexual images.** Images are often found online, in movies, and magazines. Supervise your children while they are on any device. Use parental controls and other safety measures.
10. **Parents and other adults should demonstrate modesty in the child's presence.** There should be no nudity, partial nudity, or explicit displays of sexual behavior by parents, other adults or teenagers in front of the child. It is okay for adults to show affection to each other and the children.

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Adapted from NCSBY, Safety Plan
CLICK HERE.

Sexual Behavior Rules (for School-Age Children)



It is **NOT OK** to look at other people's private parts.



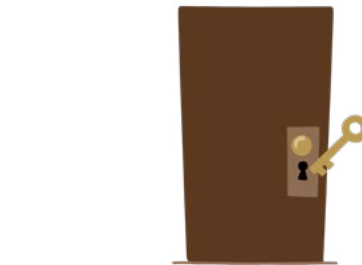
It is **NOT OK** to show your private parts to other people.



It is **NOT OK** to touch other people's private parts.



It is not **NOT OK** to use sexual language or make other people uncomfortable with your sexual behavior.



It is **OK** to touch your private parts as long as it is in private and does not take too much time.

Private Parts Rules

No touching other people's private parts. This includes kicking, hitting, biting, or hurting.

No other people can touch your private parts. The person doing the touching would be the one breaking the rule. Exceptions to this rule are for caregivers who may need to help with hygiene and for doctors who may need to check to make sure that all parts of a child's body are healthy.



Learn more about talking points for developmental stages, [CLICK HERE](#).

No showing of private parts to other people. Keep your clothes on when other people can see you. No looking at other's private parts.

No looking at other's private parts. Such as, do not look at others when they are going to the bathroom.

No touching of private parts in public. Touching your own private parts when you are alone is OK.