

# 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**

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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
- 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