

Resources:

Locally:

United Action for Youth unitedactionforyouth.com
Emma Goldman emmagoldman.com
Planned Parenthood ppgi.org
MECCA meccaservices.com
Crisis Center jccrisiscenter.org
DVIP-domestic violence dvipiowa.org
Rape Victim Advocacy Program rvap.org

Nationally:

Advocatesforyouth.org/parents
FamiliesareTalking.org
Goaskalice.columbia.edu
ParentsPlace.com
ParentSoup.com
Plannedparenthood.org/education
talkingwithkids.org

Books:

TIPS: buy soon, update often
Keep books where kids have access
Read the books together

(check for availability at the local public library)

What's the Big Secret? Laurie Krashy Brown

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children by Debra Haffner

Baby basics: children's activities in how life begins, by David Green

Sex & Sensibility- The Thinking Parents Guide to Talking about Sex by Debra Roffman

How Can We Talk About That? By Jane DiVita Woodley

It's So Amazing! A book about Eggs, Sperm, Birth, Babies & Families by Robbie Harris

It's Perfectly Normal by Robbie Harris

Ten Talks Parents Must Have with Their Children About Sex & Character by Pepper Schwartz

Questions Children Ask- and how to answer them by Mirriam Stoppard

For a Health Education Presentation at your Organization, please contact Kimberley Lamon, MSW,MPH; Teen Health Educator for United Action for Youth. (319-358-9406 x608) (uaykimlamon@yahoo.com)

Audience of Youth:

Stress & Time Management
Sexual Health for Teens
Sexually Transmitted Infections
Female Health
Male Health
Relationships
HIV/AIDS
Methods of/Choosing Contraception
Normalizing Puberty
Body Image
Sexual Orientation and Gender Identity
Communication skills
Identifying Resources
Self Esteem & Self Efficacy
Wellness

Audience of Parents/Educators/Adults:

Parent Child Communication
Having "THE TALK"
Internet Safety (a presentation for Parents/Educators)
Mothers and Daughters Talk
Parents Understand Puberty & Adolescent Development
Talking with Younger Children about Tough Topics

Additionally:

Teen Parent Perspectives
Peer Educators
Custom presentations for your groups needs

Please check the United Action for Youth website as we will be updating and expanding our Health Education for Parents & Youth! www.unitedactionforyouth.org

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United Action For Youth

Sexuality & Your Younger Child

Tips for Parents on addressing sexuality Birth-8.



Healthy from the Start

We believe parents are their child's most important teachers... they know their children & have their child's best interest in mind

What to Expect

Preschoolers want to understand more about their own body.. At the same time they can't and don't need to grasp the mechanics of sex, they don't understand the emotions behind adult love, and they may be frightened by discussions of erections, periods, labor and other natural bodily states they can't yet understand.

Where did I come from... "you were made in Mommy's uterus in her tummy and that's where you grew until you were ready to be born" .. Some may want details.. "A sperm from daddy and an egg from mommy combined to form you"

What is sex... most don't ask this question unless they have heard or seen it somewhere else. However "sex is a kind of cuddling moms and dads do to show how much they love each other"

How does a baby get out of a tummy?... "after a long time the baby grows too big for the Mommy's uterus in her tummy, so it has to be born"

Good Touch/Bad Touch– tell kids that their bodies are their own & that they have the right to privacy. Tell them that if anyone ever touches them in a way that feels strange or bad they should tell that person to stop and then tell you about it. Explain you want to know about anything that makes your kids feel bad or uncomfortable.

Toilet Training: use this time to praise & reinforce your toddler. Promote your child's self esteem & healthy sexual attitudes by accepting their questions & explorations. They will associate their genitals with what happens when they urinate or have a bowel movement.

-From University of Missouri, Department of Human Development & Family Studies, kidshealth.org

Tips for Talking

- ◇ Be calm and relaxed
- ◇ Keep answers short & emotionally neutral
- ◇ Avoid metaphors– children are concrete thinkers & can become confused
- ◇ Ask the child what they think– to determine what they already know & to correct misinformation
- ◇ Keep in mind the knowledge base of your child & start where they are coming from
- ◇ Practice– your answers, saying words that you may be uncomfortable with, etc
- ◇ Make sure you use age appropriate, simple language
- ◇ Use the appropriate, anatomical words
- ◇ Watch for those teachable moments
- ◇ Praise your child for asking this will encourage them to ask you future questions...
- ◇ **MOST IMPORTANTLY:** it is not "the talk" but rather the relationship you are building with your child... where they feel safe talking about tough topics, like sex, with you...
- ◇ **KEEP IN MIND:** If you show you are unapproachable your child will still want to know the information.. They will just look else-where...

-from beyondbirdsandbees.blogspot.com

What is Normal Childhood Sexual Development?

Birth—2 : exploring body parts, all babies touch their genitals, begin to develop feelings about male or female identity and the way they 'should' act, little girls may experience vaginal lubrication, little boys may experience erections, may like to be naked or take clothes off, develop trust & the capacity for pleasure as they are cared for, like to be held & cuddled

2-3: may play with genitals while toilet training, interested in bathroom functions, use dirty language, watches you– may poke adults bodies, masturbation increases, imitate adult behavior, increasingly try out many roles

3-5 : curious about bodies, inquisitive about body differences, express interest in words associated with bathroom behavior, may begin to masturbate by stimulating themselves with their hand, establish that they are a boy or girl, media influences begin, may become modest about their body, may begin to play "doctor"/"house"

5-8: continue sex play & masturbation, become very curious about pregnancy & birth, form strong same-sex friendships, show strong interest in stereotypical male/female roles, increased need for privacy while bathing or dressing, may be reluctant to ask questions

*Girls and boys should have information about menstruation by age 8.

from familiesaretalking.org

From parentcenter.babycenter.com; plannedparenthood.com

Sexuality is everything that has to do with being male or female, how we think of our bodies, our relationships with one another, how we grow and change and how we reproduce- University of Missouri extension