



WHAT YOU SHOULD KNOW ABOUT DISCUSSING
THE BIRDS AND THE BEES WITH YOUR CHILD

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Foreword

In the recent year, sex scenario conversations are considered as one of the most common topic between parents and their child. If you are planning to talk with your child about sex, there are a lot of factors that you should take into account. Before talking to your child about the stated matter, it is very imperative that you have an apparent and superior understanding about the real world of sex scenario conversations.

In line with this, it is also important that you are aware and familiar with the birds and the bees with your child. If you are one of those parents who want to talk with their child about sex, it is very important to consider several factors that will greatly help you to come up with the best possible results. When you hear the term “sex scenario conversations”, what is the first thing that comes into your mind? Talking with your child about sex is not an easy task at all since it requires time, effort, extensive research to make sure that you will come up with the best possible outcomes that you are expecting.

In connection with this, you also need to bear in mind the importance of discussing the birds and the bees with your child. By doing this, you can be sure that your child will have a better understanding about this matter. At the early age of your child, it is very imperative that you discuss this matter to them.

All the valuable information that you need about the stated topic above are all present within this book. All you need to do is to completely read the

succeeding chapters of this book that will serve as your pathway and guide in discovering the real essence of discussing the birds and bees of with your child.



Chapter 1:

Sex Talk Basics

Synopsis

It is true that talking with your child about sex can be awkward especially to those parents with children under pre-school and puberty stage. As a parent, it is very important that you are aware about the salient discussions that you will tackle with your child.

The first thing that you should ask yourself is to know the things that your child must need to know. In this way, you will not find hard time and difficulty in discussing the birds and the bees with your child.

In order for you to be familiar with sex talk basics, here are some of the guidelines that you should follow before talking with your child about sex education.

Guidelines in Talking with your Child about Sex Education

Before talking with your child about sex, there are several guidelines that you should take into consideration. As a parent, it is very important that you follow these guidelines especially when you are planning to talk with your child about sex.

✓ Talking to your Pre-school Child

You need to start talking with your child about sex during toddlerhood stage. This is also the best time to talk with them regarding this matter especially when they ask questions about sex. It is a fact that babies are interested in body name parts. If you notice that they usually touch their genitals, the first thing that you should do is to teach them about the right and wrong thing particularly in public. You are recommended to use the appropriate terminology such as vagina and penis. By doing this, you can help your child to fully understand their own bodies and at the same time decrease any sense of confusion and shame.

✓ Talking about Sex Education for 5-8 years old

During this age, most children are starting to become curious about their childbirth. In this stage, girls are also starting menstruation and there are some who experience puberty as young as 8. As a parent, you need to prepare your child during this stage in advance. There are also psychologists who suggest using of situations to easily start your conversation with your child. You can also talk to your child about the opposite sex and be relaxed since it is part of natural development. It is true that reading stories are considered as the best way to talk about their

relationships and feelings. Explanations can also be set in the context of your own value system.

✓ **Talking about Sex for 8-12 years**

During 8-12 years, children are starting to enter their puberty stage during this point of time. Boys must be informed about nocturnal emissions and erections and girls must also be aware about menstruation. You need to inform them about this matter since it is part of growing up. During this age, children become more conscious of their own bodies and at the same time you will notice that they have friends who are starting to become sexually mature. This is also the time that they chat with their friends about sex and this is one of the reasons why you need to give your child with accurate information about the puberty stage. You can also ask your child about what they know and correct them with their misinformation.

✓ **Talking to Teenagers about sex ages 13**

During this stage, they already reach the puberty period. At this point of time, your child must be aware about the correct language and at the same time the basics about bodies and sex. You also need to make sure that you maintain two-way dialogue with your child and alert them for the risks of sexually transmitted diseases. As a parent, you also need to be ready about the matter of pornography since teens will usually encounter porn online. Before talking with your child about this matter, it is very important that you have your own opinions about sex and the subject of pornography. This is also the best time to talk with your child about love and relationships. It is a fact that love and relationship are extremely important matter to discuss with your child. By doing this, you will easily know the emotional maturity of your child and this will guide you what you will discuss with

them. Be ready to answer their questions especially when your child asks you about sex, marriage and contraception. Masturbation is a natural and healthy thing however you need to fully explain with your child that this matter is private. According to researches, masturbation is natural and safe way to relieve your strong sexual feelings without the risks of pregnancy and sexual transmitted diseases.

It is true that talking with your child about sex is not one sit down chat especially when they reach the age of 12. This is a running discussion since it can happen over the years particularly when your child ask you questions about sex and love. It is very important to develop a strong rapport with your child since this will allow them to approach you especially when something goes wrong.

Chapter 2:

Choosing the Right Time to Talk to your Child

Synopsis

Most parents are concern with their child especially when they are starting to ask questions about sex. As a concern parent, it is very important that you know the right time to speak to your child about this matter. At the early age of your child, it is very imperative that they already have an idea about the real world of sex scenario conversations.

In line with this, you also need to make sure that you have enough source of information especially when it comes to sex. In this way, you can be sure that your child will have a clear and better understanding about sex scenario.

Here, you will know some of the sources that will greatly help you to obtain proper knowledge about sex. With the help of these sources, it would be easier for you to discuss the birds and the bees with your child.

The Salient Sources to Gain Sexual Knowledge

Today, there are a lot of salient sources that will help you to easily gain sexual knowledge. If you are planning to talk with your child about sex, the first thing that you should take into consideration is to gather accurate and precise information and details about sex.

- **The Media**

Most teens and children in the present year are bombarded with sexual content and sexual images in movies, radio, television and magazines. According to studies, media messages from television are considered as the first introduction to the real world of sex. Instead of knowing and learning the significance of being responsible about sex, most teens and children receive mixed messages from romanticized and sexualized characters that are being portrayed in the media. As a parent, it is very important that you talk and guide them about the things that they usually see in the media.

Media is all around and this is one of the reasons why it is impossible to block it out. The best way to talk with your child about sex is to join them while they are watching television and at the same time tackle some of the sex scenario that they usually encounter. You can also point out some of the advertisements and explain to them the messages that the advertisements want to convey to their viewers. However, you also need to bear in mind that media is not just limited to television. In the recent year internet is drastically growing as part

of entertainment and this is recognized as one of the important sources of media that most people consume every single day. In connection with this, there are also video games that usually have sexual themes and this is one of the salient things that you can explain with your child. Furthermore, you can also make use of online resources that will help you to teach your child about their sexuality. You can also guide them while they are using their computers and browse some of the sex education websites that are widely available today.

One great example of online media that your child will encounter is the world of pornography. You must explain to your child that watching pornography is a normal habit especially to those adolescent boys however you must also discuss with them that pornography has the ability to create expectations about the real world of sex that are usually unrealistic particularly when it comes to the behavior, desires and appearance of women. You should also point out that emotional intimacy is a great part of sex. It is a fact that sexuality is a new part of your child's life that they can learn and explore but you should also guide them to avoid sexual activities at their early age.

- **Peers**

Teens and children usually talk with their peers about sex to easily gain emotional support however peers give inaccurate information about sexuality. Most of the peer groups spread false myths about sex and this is one of the important matters that you should be aware of.

Sexual conversations with teens and adolescents are likely center on ways to prevent pregnancy, having multiple sexual partners and sexual conquests. These conversations can also involve passing or teasing judgments about sexual attitudes and behaviors that can lead to negative and serious behaviors.

- **School Educators-** Not all universities and school teach about sex courses or sexuality. There also school that offers sex education courses however they don't provide their students with complete sexual education. In line with this, there are also school educators that usually present clinical information about sex however they don't tackle the emotional issues.

According to researches, there are some adolescents who are not satisfied with the teaching of their schools about sex since it does not discuss the realistic side of sex that usually involve feelings and experiences. However, there are few schools that provide more guidance about communicating sexual desires and relationship issues.

Choosing the right time to talk with your child about sex is extremely very important. With the help of these salient sources, it will help you to gain more idea and knowledge on how to start your conversation with your child about sex. It is true that discussing sex scenario and issues with your child is uncomfortable however you need to bear in mind that as your child is growing up, it is very important that they are aware and familiar with this matter to make sure that they can prevent the occurrence of unexpected situations like being pregnant and having their own family at their early age.

Chapter 3:

Use Age Appropriate Books

Synopsis

In the recent year, there is a wide variety of sex education books that are widely available online and in the market. It is a fact that talking with your child about sex is an awkward topic however with the existence of age appropriate books about sex; you will not find hard time and difficulty to discuss sexual matters to your child.

As your child is growing up, it is very normal that they will ask questions about sex and they deserve to have accurate answers. According to studies, age appropriate books will serve as the starting point for sex scenario conversation with your child.

Books are also considered as the safety net if the conversation totally fails. The following are the benefits in reading age appropriate books that are creatively designed and intended for your child.

The Perks in Reading Age Appropriate Books

If you really want to discuss the birds and the bees with your child, the first thing that you should consider is to read some of the age appropriate books that are designed to help you in discussing the birds and the bees with your child. If you are one of those parents who are searching for the best age appropriate books for your child, you don't need to worry since they are widely available in the present year.

With the help of these books, your child will have an apparent and superior understanding about the things that they want to know about the real world of sex. Talking with your child about sexuality and sex is quite uncomfortable at first however it will get better and easier with practice and time.

- Most of the age appropriate books about sex are designed for various ages and this is one of the reasons why you can easily choose the best books that suits to the age of your child. When your child reads these age appropriate books about sex, you can be sure that they will learn a lot of things and at the same time most of their questions about sex will have accurate and truthful answers.

There are various ways to start your conversation with your child about sex and with the presence of these books, you can easily and quickly explain and guide them with this matter.

- Most teens consider their parents as their biggest influence especially when it comes in their decisions about sex. Those teens who have good conversation with their parents and read age appropriate books

are more likely to delay their sexual activity, use contraceptives like condoms and have fewer partners.

As a parent, it is your responsibility to guide and deal with your child regarding sexuality and sex. When you hear the term “sexuality”, what is the first thing that comes into your mind?

Sexuality includes various topics that include female and male bodies, how they work, kinds of relationships, reproduction, human development, how to avoid sexual transmitted diseases and pregnancy and sexual behavior.

- It is fact that talking and discussing the birds and bees with your child is not easy and with the presence of age appropriate books, you can easily explain the important things that they need to know about sex and sexuality.
- There are parents who plan to talk with their child about sex for months since they are expecting that they can explain everything to them all at once however when the talk does not go according to your plan, it is very normal that parents will get frustrated. It is true that talking with your child about sexuality and sex is recognized as lifelong conversation.

It is very important to talk with your child as early as possible to avoid curiosity and confusion. When curiosity occurs, this is the best time for you to start the conversation with your child. During the talk, you will notice that you and your child will build trusting and respectful relationship that you will extremely love.

- If you have young children, you encourage them to read those age appropriate books that will help them to know the different names of their body parts. When you talk to your child about sex, it is very

imperative to keep your conversation age appropriate. In this way, they can easily cope up with the topic and it would be easier for them, to understand the issues regarding sex and sexuality.

- As a parent, the best thing that you should do is to available and open especially when your child wants to discuss important things about sex. You can provide your child with age appropriate books that suit with their age.

With the existence of age appropriate books, you will not find hard time and difficulty to explain the salient things about sex that your child needs to know.

Chapter 4:

Include your own Morals and Values

Synopsis

If you are planning to talk with your child about sex and sexuality, it is very important to include your own morals and values. While you are discussing the birds and the bees with your child, the first thing that you should consider is to include your own morals and values.

In this way, you can be sure that your child will have a clear and better understanding about this matter. You need to bear in mind that parents play a vital role in the lives of their child and this is one of the reasons why you need to influence them with right doing to make sure that they will come up with best decisions in life.

Here, you will learn and know some of the effective and useful tips that will greatly help you in discussing the birds and the bees with your child. With the help of these tips, you can easily explain and discuss the real world of sex to your child.

The Effective and Useful Tips in Talking with your Child about Sex

To start your conversation, you need to make sure that you have enough sources and at the same time you need to include your own morals and values to create excellent conversation with your child. A parent with good morals and values can greatly help their child in facing sex scenario and sexual issues that they will encounter.

- **Overcome your Embarrassment**

At first, it is very normal that you will feel uncomfortable using terms like penis and vagina. In order for you to overcome your embarrassment, you are recommended to say these words in private for several times until you are comfortable enough to discuss them in relax manner with your child. By doing this, you will notice that you will be more comfortable and relax while you are talking about sex with your child. This is considered as one of the effective ways to easily get rid of your embarrassment.

- **Plan for open and ongoing discussions with your child**

According to researches, teaching your child about sex and sexuality is very important especially during their younger years. However, it is also equally important that you continue to teach them regarding this matter as they get older. It is a fact that your child will be dealing with sex life and sexuality for the rest of their lives and it is very impossible to cover all the important things to be discussed in just one conversation. When you finally established open discussion and

communication with your child, it would be easy for you to use teachable moments to continue educating your child about sex. Moreover, teachable moments can easily take place. For example, when you and your child see a pregnant woman or when you hear sexual incidents on the news. Such teachable moments have the ability to provide easy transitions and convert it into conversations about sex scenario. In line with this, teachable moments will help you to facilitate communication about sex especially when your child reaches the stage of maturity.

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- **Give your child with precise information**

One of the best morals and values that a parent should have is to know sex facts and gather precise information and details about sex scenario. In the recent year, you can easily find comprehensive sex information by simply browsing the internet. You can also give your child with helpful books that suit with their age. When your child asks you a question that you don't know the answer, you can say that you will find out the accurate answer and get back to them.

- **Anticipate the Stage of Development**

Telling your child about nocturnal emissions and menstruation after they experience it for a couple of months is not helpful. The first thing that you should discuss with your child is sexual experiences and stages of puberty before they reaches this stage. By doing this, you will notice that your child will feel less anxious about the things that is happening to their body.

- **Don't Lecture**

In the present year, most children don't want to be told so avoid lecture. The best thing for you to do is to present enough information and details and have comprehensive discussion about this matter. Your child has their own decisions about sex however as a parent, it is very important that you give them with precise resources and information that will help them to come up with informed decisions. It is true that conversations and discussions will benefit your child than lectures. You can also be sure that your child will listen to you and to your words.

- **Teach them about the dangers and the joys of sex**

According to studies, sex is not a bad part of life and there is no reason for you to be scared of sex. However, there are some people who consider sex as dangerous one. In real life, sex is natural and beautiful and this is one of the reasons why your child must be equipped with proper knowledge and better understanding about sex.

They also deserve to know what sexuality and sex is all about and at the same time on how to negotiate these roles in their lives. Talking with your child about relationships and intimacy will greatly help them to completely understand this subject matter. As a parent, you need to reach out to them as early as possible and rest assured that your child will have a solid understanding about sex.

Chapter 5:

Encourage Questions and Open Honest Discussion

Synopsis

When you notice that your child is starting to be interested with sex conversation, this is the right time for you to encourage questions and open honest discussion with your child. According to studies, sex is everywhere especially if you have access to cable and internet or any type of media.

There is no other way to keep you comfortable, knowledgeable and safe about sex than to talk about the stated matter openly. Here, you will know the importance of encouraging your child to ask questions and open honest discussion. In this way, you can be sure that your child will have a clear understanding about the real world of sex.

The Significance of having open honest discussion with your Child

As a parent, one of your responsibilities is to have open honest discussion with your child about sex. If you can openly discuss some sexual matters with your child, sex can be less scary.

Open sex talk with your child is about personal preference. It is true that open sex talk with your child will have a positive effect on the life of your child. Healthy and open honest discussion regarding sex matters will greatly help your child to be ready for the possible things to happen in the future.

When your child asks you some questions about sex, you need to make sure that you will give them with accurate information and details that will satisfy them. By doing this, you will not find hard time and difficulty to talk with your child about sex. You are also recommended to conduct your own extensive research to make sure that you will provide your child with precise information that they are looking for.

Chapter 6:

Explore what materials are being taught in the Child's School

Synopsis

Most universities and schools in the present year are offering sex education program with their students. As a responsible parent, it is very imperative that you are aware about the materials that are being taught with your child especially when they are in the four corners in their classroom.

There are some people that when they hear the word sex, they usually get uncomfortable and confuse. When you notice that your child experienced this kind of scenario especially when they are in school, this is the best time for you to know what materials are being taught in their school. In this way, you will easily determine the reason behind why sex education can be taught in most universities and schools.

The Facts about Materials that are being taught in School

In the present year, most schools and universities are using of sex education books that are also available online and in the market. Most of the sex education books contain comprehensive guidelines and understanding that will greatly help you to obtain sexual knowledge.

One of the main purposes why sex education courses are being taught in most universities and schools is to provide sexual awareness for your child. Most sex education books states that talking with your child about sex must start earlier before they will experience sexual behaviors.

In line with this, sex education courses is creatively designed and developed to provide your child with wisdom and knowledge that they can make use in the near future particularly when they are ready to face the real world of sex. With the help of sex education programs and courses that are usually offered in universities and schools, you can be sure that your child will have a great opportunity to gain sexual orientation, safe sex and abstinence.

In connection with this, there are also sexual health services that are responsible to guide your child with their questions about sex. With the existence of this sexual health services, your child will completely learn the world of ramifications and sex.

Chapter 7:

How not Having the Sex Talk can Backfire

Synopsis

In order for you to avoid backfire in sex talk, it is very important that you are familiar and aware about the comprehensive information and details about the stated topic.

At first, it is very normal that you will feel uncomfortable and awkward in talking with your child about sex however you need to bear in mind that talking about sex with your child at their early age can be a great help for them to avoid the occurrence of unwanted scenario such as being pregnant and having a settled life at their early age.

Sex talk with your child is highly recommended especially when it comes to their awareness and sexual knowledge. Sex talk plays a vital role in the life of your child and as a parent; this is one of your responsibilities that you should be aware of.

A Quick Glimpse to Sex Talk with your Child

It is a fact that sex talk with your child is considered as one of the first topic that you should tackle with them. By doing this, you can be sure that you can avoid sex talk backfire. If your child is starting to ask question about sex, it simply means that they deserve to have accurate information that will help them to fully understand the stated topic.

If you are planning to talk with your child about sex, there are several factors that you should take into account. It is also very important that you have complete details regarding the real world of sex to make sure that you can answer all the questions of your child. Talking with your child about sex will greatly help them to know all the facts that are associated with sex. At their early age, they deserve to know the significance, joy and danger of sex.

