

RESOURCES

The following is a partial list of resources listed for your information and use. Additional resources are available. It is up to you to select the information most appropriate for your family.

Web Sites

- Advocates for Youth
www.advocatesforyouth.org
- American Academy of Pediatrics
www.aap.org
- Center For Parent/Youth Understanding
www.cpyu.org
- Children Now
www.talkingwithkids.org
- Families Are Talking
www.familiesaretalking.org
- National Campaign to Prevent Teen Pregnancy
www.teenpregnancy.org
- Nemours Foundation
www.kidshealth.org
- Palo Alto Medical Foundation
www.pamf.org/teen, www.pamf.org/preteen
- Planned Parenthood
www.plannedparenthood.org
- Sex, etc. A Website By Teens For Teens
www.sexetc.org

Local Resources

- Pleasanton Public Library
400 Old Bernal Ave
www.ci.pleasanton.ca.us/library.html
- ValleyCare Health Library
5725 W Las Positas, suite 270
www.valleycare.com

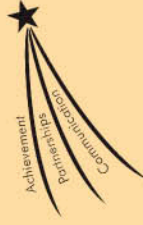
Books (in alphabetical order)

- Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens -From Middle School to High School and Beyond.* Debra W. Haffner, M.P.H. 2001.
- But How'd I Get in There in the First Place! Talking to Your Young Child about Sex.* Deborah Roffman 2002.
- A Chicken's Guide to Talking Turkey With Your Kids About Sex.* Kathy Flores Bell and Dr. Kevin Leman. 2004.
- Everything You Never Wanted Your Kids to Know about Sex but Were Afraid They'd Ask.* Justin Richardson, Mark Schuster. 2004
- From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children - From Infancy to Middle School.* Debra W. Haffner, M.P.H. 2004.
- How to Talk with Teens about Love, Relationships & S-E-X: A Guide for Parents.* Amy G. Miron, M.S. and Charles D. Miron, Ph.D. 2002.
- Sex and Sensibility, The Thinking Parent's Guide to Talking Sense About Sex.* Deborah Roffman. 2001.
- Ten Talks Parents Must Have with Their Children About Sex and Character.* Pepper Schwartz, PhD and Dominici Cappello 2000.
- What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons.* Lynda Madaras and Area Madaras. Third edition, 2007.
- What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters.* Lynda Madaras and Area Madaras. Third edition, 2007.

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In partnership with the PUSD

Pleasanton Unified School District



A Parent Resource

Talking to Your Children About Sex



Sponsored by the
Pleasanton PTA Council



Talking with Children

Today's complex world makes parenting one of the toughest jobs around. And when it comes to talking with children about sex and sexuality, many parents wonder how and when to address this important subject.

Recent surveys show that young people say they need more information on sexual health issues beyond what they are receiving at school. These surveys noted that most young people look to their parents for information and advice.

Some parents are comfortable talking about sexuality with their children, and others are not. Will we give them accurate, too much, or too little information? What will they ask about? Our children receive messages from television, the internet, music, magazines, and their peers. Only you, however, can convey to your child your family values and beliefs about sexual behavior and attitudes.

The Pleasanton PTA Council has created this pamphlet to support a child's most respected teacher - you the parent. Listed are "ten tips" and a resource list of books and websites for talking with your child. With accurate information, you will be better prepared for the important discussions ahead.

The health and future well being of your children depends on your involvement. We encourage and applaud you for your efforts!

Sex Education and Age - Appropriate Topics

Children will begin hearing words about sex and using sexual language as early as kindergarten. As they grow older, they will begin learning about sex from their peers and pick up random and sometimes inaccurate information about sex that they will not fully understand.

One of the challenges you will face in determining what to say to your children is learning what is most appropriate for their age group. Here are some pointers from child development experts for talking with your children about sex at the right time in their lives.

Tips for When to Teach Your Children

Below are some recommendations from the Talking with Kids campaign and child development experts about age-appropriate topics.

Elementary School

- The correct names of sexual organs and body parts
- Explaining sex and reproduction
- Pregnancy
- Building healthy relationships
- Setting personal boundaries and respecting others' boundaries

Middle School

- Sexual decision-making
- Emotions and consequences of sexual relationships
- Sexually transmitted diseases

High School

- Dating and relationships
- Sexual decision-making
- Emotions and consequences of sexual relationships

Ten Tips for Parents for Talking to Your Children

1. Start Early
2. Initiate Conversations with Your Children
3. Use Everyday Opportunities to Talk...
4. Talk About Sex and Relationships
5. Create an Open Environment
6. Communicate Your Values
7. Listen to Your Child
8. Be Honest
9. Be Patient
10. Talk About it Again. And Again.

Taken from National PTA, *Talking with Kids, A Parent's Guide to Sex Education*

www.pta.org/parentinvolvement/healthsafetyparentsguide_sexed.pdf

