

TALK TO KIDS: 6-8 YEARS OLD



It can be hard to imagine but, did you know kids start to talk to each other about sex sometime between the ages of six & eight. Maybe they've seen something on TV or overheard conversations of the school bus.

But the fact is, they're curious!

The good news by talking to them first, you can control the conversation. This allows you to become their "go-to-person" who is able to answer their questions! Focus on talking early & often. It might seem intimidating, but you don't have to fit everything into one conversation.

Tell them they can tell you anything & you will believe them. Creating this kind of bond now can pay off in the future & spread to other topics.

Talk about secrets vs surprises.

"Surprises may people happy. Secrets can make people upset. If anyone asks you to keep a secret, you should tell me.

By the age of eight, start to talk to your kids about sex. "It takes an egg & sperm to form a human. It's incredible." Follow up by talking to them about how male & female body parts each play a role in the process.

Ask them which adults they trust the most. Are they family?

Demonstrate comfortable touching behaviors. Make it into a silly game where you side-hug, high five, etc.

Speak & listen calmly. It is important that your kids feel safe & loved during all of your discussions, even if you feel uneasy.

Check in regularly to see what's going on with your kid & their friends at school.

Encourage them to share with you what they are hearing at school and be ready to clarify any misinformation.



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