



miOttawa Department of
Public Health

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Dear Parent,

The *Power to Decide, the campaign to prevent unplanned pregnancy* (powertodecide.org) reports that youth consistently say that **parents**—not peers, not partners and not popular culture—**most influence their decisions about relationships and sex.**

This folder contains some tips and scripts to help parents have an 18-year conversation with their kids about relationships, love, sex and birth control. Moreover, a majority of teens agree that it would be easier for them to postpone sexual activity and avoid teen pregnancy, if they were able to have more open and honest conversations about these topics with their parents.

According to the *2019 Youth Assessment Survey* (www.miOttawa.org/2019YAS) taken by students in Ottawa County, the average age students first had oral sex or sexual intercourse was 15 ³/₄ - 16 years of age. By 12th grade, 42% of students had engaged in oral sex, 38% had sexual intercourse, 70% had accessed internet pornography and 47% had been involved in "sexting".

The Ottawa County Department of Public Health understands the importance of parents talking with their children about abstinence and sexuality. We also understand the difficulty many parents have in discussing these sensitive topics. The information and resources contained within this packet are meant to assist you in opening the lines of communication, when it comes to communicating to youth about sex and abstinence.

Thank you for picking up the parent information packet. We hope that you will find the information and resources helpful. If you have any questions or would like additional information, please feel free to contact Heather Alberda at 393-5774 or halberda@miottawa.org.

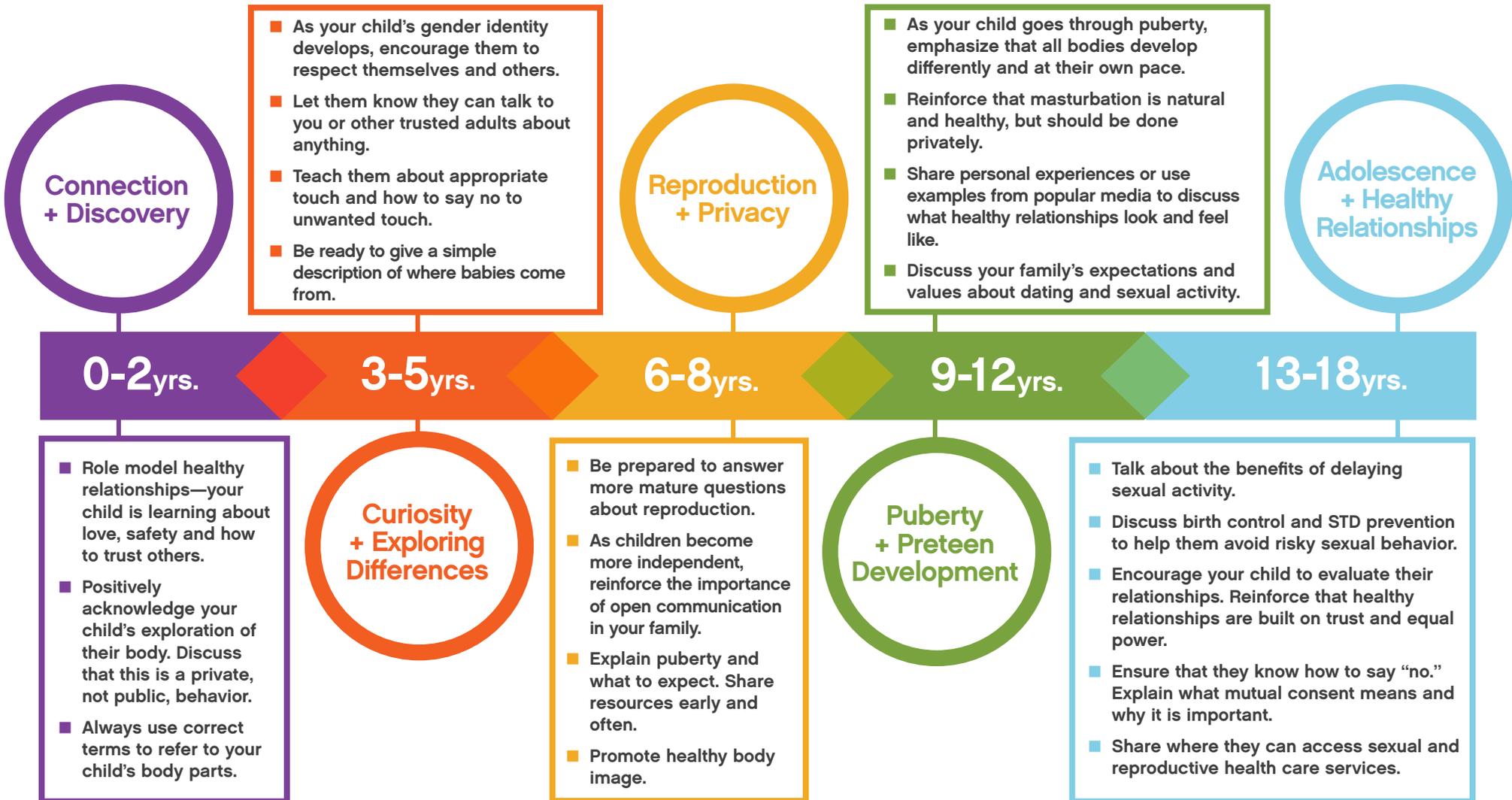
Sincerely,

Heather Alberda, BA CSE
AASECT Certified Sexuality Educator
Ottawa County Department of Public Health
www.miOttawa.org/SexEd
<http://www.miottawa.org/Health/OCHD/pdf/FamilyGuide.pdf>

talk with your kids

It's always the right time to communicate openly and honestly with your kids.

The timeline + tips* below were developed to help you build a foundation of trust + mutual respect with your kids + start an ongoing conversation with them as they develop + grow.



This resource was developed by Essential Access Health + Planned Parenthood of Los Angeles.

*These tips are based on evidence-informed recommendations from experts in the field.

Learn more @ talkwithyourkids.org

Normal Developmental Behaviors Related to Sexuality

Birth to AGE 4

- Explore body parts, including genitals. (Begin exploring genitals between 6-10months.)
- Begin to develop attitudes toward their own bodies.
- Experience genital pleasure (from birth boys have erections and girls lubricate vaginally).
- Learn expected behaviors for boys and girls.

AGES 3-4

- Become aware of and very curious about gender/body differences.
- Masturbate unless taught not to do so.
- Play house, doctor or explore other forms of sex play with friends and siblings.
- Have fun with bathroom humor.
- Mimic adult sexual behavior.
- Begin to repeat curse words.
- Are curious about their own origins: “Where did I come from?”

AGES 5-8

- Continue sex play and masturbation.
- Become very curious about pregnancy and birth.
- Have strong same sex friends. Girls and boys learn different styles of communicating. Girls tend to form close and intimate friendships with one or two other girls. Boys usually play in larger groups; their play is rougher and more oriented around mutual interests in activities.
- Show strong interest in male/female roles that are often stereotyped, regardless of parent’s approach to childbearing.
- Have a new awareness of authority figures.
Teachers may be seen as knowing more than parents.
- Compare their own situations with those of peers; complain about lack of fairness.
- Begin to conform to peer's style of dress and speech.
- Engage in name calling and teasing.

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AGES 9-12

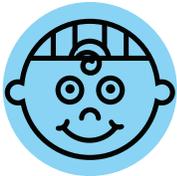
- Enter puberty, especially girls. Early pubertal development is perceived positively by most boys but negatively by many girls.
- Become more modest and desire privacy.
- Experience emotional ups and downs.
- Develop romantic crushes on friends, older teens, music and TV idols or sometimes teachers and counselors.
- Continue to attach importance of same sex friends.
- Feel awkward and wonder “Am I normal?”
- Be strongly influenced by peer group, but parents remain the major source of values.
- Continue to learn society’s expectations and appropriate behavior for boys and girls.
- Masturbate to orgasms.
- Begin to enter the mysteries of the adult world by using sexual language and enjoying romantic and sexual fantasies.
- Face decisions about sex and drugs.

Ages 13-17

- Complete puberty and the physical transition from childhood to adulthood.
Reaching their adult height.
- Seek increased power over own lives and increasing independence.
Build skills to become self-sufficient.
- Understand their own feelings and have the ability to analyze why they feel a certain way.
- Attain cognitive maturity – the ability to make decision based on knowledge of options and their consequences.
- Continue to be influenced by peers (but remembering that parental influence is still #1).
- Understand they are sexual and understand the options and consequences of sexual expression.
- Recognize the components of healthy versus unhealthy relationships.
- Recognize the role of media in influencing their views about sexuality and body image for both males and females.
- Choose to express their sexuality in ways that may or may not include sexual intercourse.
- Have the capacity to learn about intimate, loving and long term relationships.

Talking About Consent and Healthy Relationships at Every Age

Talking about these issues is a lifelong conversation for parents and their children. These are some examples of specific messages parents can give to help prevent unhealthy relationships and sexual assault, or know what to do if something happens.



When they're 8 years old or younger you can say things like:

- "You don't have to kiss or hug anyone you don't want to."
- "You should never touch someone else if they tell you not to."
- "Good friends are nice to each other and take turns talking and listening to each other."
- "If anyone other than me or the doctor ever touches you in a way that makes you uncomfortable, or touches your penis or vagina, tell them no and to stop. If they won't stop, tell an adult like me or (another trusted adult)."



When they're 9-11 years old you can say things like:

- "People who care about each other treat each other with respect, even when they disagree with each other."
- "If anyone tries to make you do anything you don't want to do, you can tell them 'I don't want to do that. Let's do something else instead.'"
- "If someone is treating you in a very mean way or bullying you, it's not ok and it's not your fault. Come talk to me if anything like that happens to you or a friend."



When they're 12-14 years old you can say things like:

- "What things are important to feel safe and cared for in a relationship? What wouldn't be OK with you?"
- "Technology and social media can help us stay connected with the people we love, but can also lead to miscommunication, spreading gossip, or following where you're going (stalking)."
- "In a relationship, it's never OK for one person to pressure the other to do anything they don't want to do."
- "Rape and sexual assault are crimes and are never the victim's fault. They are always the fault of the person who committed the crime."



When they're 15-18 years old you can say things like:

- "Consent is how you and your partner both know that sex is OK and wanted by both of you. You always need to ask for consent if you want to have sex, and you always have the right to say yes or no to sex."
- "If you were in an unhealthy relationship, how would you break up with someone safely?"
- "If you're drunk or high, it can be really hard to read someone's signals to know if they're consenting or not."
- "There are resources in our community to help people who are sexually assaulted. If you or one of your friends is ever in that situation, you can go there, and of course you can always come to me for help."

For more resources, check out [PlannedParenthood.org/Parents](https://www.PlannedParenthood.org/Parents)

What Families Need to Do to Raise Sexually Healthy Youth 9-12 years of age

- Help young people understand puberty and the changes they are going through. These changes, including menstruation and nocturnal emissions, are normal.
- Respect young people's privacy, while encouraging open communication.
- Convey growth and maturation rates differ from person to person.
- Help young people understand, while they are maturing physically, they still have lots of emotional and cognitive growth ahead. Sexual intercourse is not healthy, appropriate or wise at this time in their lives.
- Acknowledge abstinence is normal and healthy and that sexual development is healthy and natural. Help them understand that as they grow older, there will be several ways to express their sexuality that does not involve sexual intercourse.
- Discuss the important relationship between sexual and emotional feelings.
- Be open to conversations about contraception and condoms. Respond honestly and accurately when young people ask about them.

(over)

What Families Need to Do to Raise Sexually Healthy Adolescents 13-17 years of age

- Clearly articulate your family and religious values regarding sexual intercourse. Express that even though sex is pleasurable, young people should wait to initiate sex until they are in a mature, loving and responsible relationship.
- Express that we all have a variety of options for experiencing intimacy and expressing love.
- Discuss together the factors, including age, mutual consent, protection, contraceptive use, love, intimacy, etc. that you and your teen believe should be a part of decisions about sexual intercourse.
- Discuss contraceptive options and sexually transmitted infections. Talk about the importance of condom use.
- Discuss exploitive behaviors and why it is unhealthy and (in some cases) illegal.
- Help youth identify various physical and verbal responses to avoid or get away from sexual situations that make them feel uncomfortable.
- Discuss teens' options should an unprotected intercourse occur.

How Can Parents Talk to their Teens?



1 Be Open

Teens appreciate parental honesty and want to hear about your experiences with dating and relationships. Also, talk about your family values regarding sexual activity.

2 Be the Expert

Teens who believe their parents know a lot are more likely to listen to them. Even if you feel like you don't have all the answers, take the time to listen and to respond.

3 Be Accessible

Parents have busy schedules, but it's important to be available to your teen when they need to speak with you. If you can't talk, schedule a time to talk as soon as possible.

4 Be Trusting

Teens want their parents to trust them and to show they love them no matter what. You can tell your teen you trust they will share their thoughts about the big issues in their life, including the decision to have sex.

5 Stay Calm

Some teens worry their parents may react badly if they learn they are having sex or are thinking about having sex. Teens say staying calm is one thing parents can do to really improve conversations about sensitive topics like sex.

6 Ask Open-Ended Questions

People like to talk about themselves and their ideas. Ask your teen what he or she thinks, using open-ended questions (ones that can't be answered with a simple yes or no).

7 Listen To Your Teen

Let your teen speak without interruption. Let your teen finish his or her thoughts. Sometimes it helps to repeat what you think you have heard.

8 Put Yourself in Your Teen's Shoes

Teens like it if you try to see things from their point of view. Make an effort to put yourself in the place of your teen and think about things from his or her point of view.

9 Appeal to Common Goals

Your teen needs to be reminded that you are on his or her side. Whenever possible, emphasize common goals and tell your teen you want what is best for him or her.

10 Show Your Interest

Make sure your teen feels you're giving them your full attention. Make eye contact with your teen and nod your head to indicate you understand what your teen is saying.

60%

of 8th, 10th & 12th grade students had a parent or other trusted adult talk with them about expectations when it comes to sex.

According to the 2019 Ottawa County Youth Assessment Survey, www.miOttawa.org/2019YAS

The Ten Tasks of Adolescence

- 1. Adjust to sexually maturing bodies and feelings**

Teens are faced with adjusting to bodies that as much as double in size and that acquire sexual characteristics, as well as learning to manage the accompanying biological changes and sexual feelings and to engage in healthy sexual behaviors. Their task also includes establishing a sexual identity and developing skills for romantic relationships.
- 2. Develop and apply abstract thinking skills**

Teens typically undergo profound changes in their way of thinking during adolescence, allowing them more effectively to understand and coordinate abstract ideas, to think about possibilities, to try out hypotheses, to think ahead, to think about thinking, and to construct philosophies.
- 3. Develop and apply a more complex level of perspective taking**

Teens typically acquire a powerful new ability to understand human relationships, in which, having learned to “put themselves in another person’s shoes,” they learn to take into account both their perspective and another person’s at the same time, and to use this new ability in resolving problems and conflicts in relationships.
- 4. Develop and apply new coping skills in: decision making, problem solving, and conflict resolution**

Related to all these dramatic shifts, teens are involved in acquiring new abilities to think about and plan for the future, to engage in more sophisticated strategies for decision making, problem solving, and conflict resolution, and to moderate their risk taking to serve goals rather than to jeopardize them.
- 5. Identify meaningful moral standards, values, and belief systems**

Building on these changes and resulting skills, teens typically develop a more complex understanding of moral behavior and underlying principles of justice and care, questioning beliefs from childhood and adopting more personally meaningful values, religious views, and belief systems to guide their decisions and behavior.
- 6. Understand and express more complex emotional experiences**

Also related to these changes are shifts for teens toward an ability to identify and communicate more complex emotions, to understand the emotions of others in more sophisticated ways, and to think about emotions in abstract ways.
- 7. Form friendships that are mutually close and supportive**

Although youngsters typically have friends throughout childhood, teens generally develop peer relationships that play much more powerful roles in providing support and connection in their lives. They tend to shift from friendships based largely on the sharing of interests and activities to those based on the sharing of ideas and feelings, with the development of mutual trust and understanding.
- 8. Establish key aspects of identity**

Identity formation is in a sense a lifelong process, but crucial aspects of identity are typically forged at adolescence, including developing an identity that reflects a sense of individuality as well as connection to valued people and groups. Another part of this task is developing a positive identity around gender, physical attributes, sexuality, and ethnicity and, if appropriate, having been adopted, as well as sensitivity to the diversity of groups that make up American society.
- 9. Meet the demands of increasingly mature roles and responsibilities**

Teens gradually take on the roles that will be expected of them in adulthood, learning to acquire the skills and manage the multiple demands that will allow them to move into the labor market, as well as to meet expectations regarding commitment to family, community, and citizenship.
- 10. Renegotiate relationships with adults in parenting roles**

Although the task of adolescence has sometimes been described as “separating” from parents and other caregivers, it is more widely seen now as adults and teens working together to negotiate a change in the relationship that accommodated a balance of autonomy and ongoing connection, with the emphasis on each depending in the part on the family’s ethnic background.

Raising Teens

A Synthesis of Research and a Foundation for Action
A. Rae Simpson, PH.D., Project on the Parenting of Adolescents Center for Health Communication
Harvard School of Public Health



SEX & TECH

5 Tips

to help parents
talk about sex & technology



1 **Talk to your kids about what they are doing in cyberspace.**

Make sure your kids fully understand that messages or pictures they send over the Internet or their cell phones are not truly private or anonymous. Also make sure they know that others might forward their pictures or messages to people they do not know or want to see them, and that school administrators and employers often look at on-line profiles to make judgments about potential students/employees.

2 **Know who your kids are communicating with.**

Do your best to learn who your kids are spending time with on-line and on the phone. Supervising and monitoring your kids' whereabouts in real life and in cyberspace doesn't make you a nag; it's just part of your job as a parent.

3 **Consider limitations on electronic communication.**

Limit the time your kids spend on-line and on the phone. Consider telling them to leave the phone on the kitchen counter when they are at home and to take the laptop out of their bedroom before they go to bed. This way they won't be tempted to log-on or talk to friends at 2 a.m.

4 **Be aware of what your teens are posting publicly.**

Check out your teen's Facebook, Twitter, Instagram, Snapchat and other public on-line profiles from time to time. This isn't snooping. This is information your kids are making public.

5 **Set expectations.**

Make sure you are clear with your teen about what you consider appropriate "electronic" behavior. Let your kids know what is and is not allowed on-line. Give reminders of those expectations from time to time.

24%

of 8th, 10th & 12th grade students engaged in any "sexting" activity in the past 12 months.

According to the 2019 Ottawa County Youth Assessment Survey, www.miOttawa.org/2019YAS

YOU WANT YOUR TEEN TO

- Feel good about being a male or female.
- Know the correct words for body parts and functions.
- Know that sexual feelings are a part of being human.
- Know that there is a difference between public and private behavior.
- Come to you for information.
- Begin to recognize conflicting messages about sexuality on television and other media.
- Understand your family's values related to sexuality.

Ways to Influence Your Teen's Sexual Risk Behavior: What Fathers Can Do



Teens sometimes engage in behaviors that increase their risks of illness, injury, and early death. Engaging in sexual risk behaviors—such as having sex at an early age, having more than one sex partner, and not using condoms or other contraceptives—can lead to unintended pregnancy, sexually transmitted diseases, and HIV infection. Teens are influenced by their parents' values, beliefs, and expectations of appropriate behavior. Research has largely focused on mothers. However, recent findings suggest that fathers may parent in ways that differ from mothers, and therefore represent an additional opportunity to support the health and well-being of their teens—separate from the influence of mothers. This fact sheet provides information and guidance for fathers on how to help their teen avoid sexual risk behaviors.

What can you do to help your teen avoid sexual risk behaviors?

As the father of a teen, you can—

1. Monitor and supervise your teen.

- Be well informed about your teen's daily activities, friends, and whereabouts.
- Set up family rules to guide your teen's behavior. You may want to include your teen in discussions about appropriate rules and their enforcement.
- Make sure your teen understands what your expectations are (e.g., time to be home on a school night, age they can go on a date, adult supervision at parties, and no alcoholic beverages or drugs). Check-in regularly to be sure your teen is following the rules.
- Consider positive ways you can encourage your teen to follow the rules.
 - Praise your teen when he or she follows the rules.
 - When your teen breaks a rule, follow through with fair and consistent discipline that makes sense to your teen.

Parental monitoring includes 1) the expectations parents have for their teen's behavior; 2) the actions parents take to keep track of their teen; and 3) the ways parents respond when their teen breaks the rules.

2. Be involved in your teen's life.

- Get to know your teen—what he or she likes and does.
- Spend time with your teen by enjoying shared activities (e.g., going on walks, playing sports, biking, shopping, listening to music, traveling, etc.).
- Take time to listen and gather information about your teen's life. One of the most important ways to connect with your teen is to understand his or her world.

3. Talk with your teen.

- Be available to talk with your teen, and do so regularly.
- Talk about the importance of making healthy decisions.
- Discuss the consequences of risky sexual behavior.
- Encourage your teen to ask you questions; be prepared to give fair and honest answers.
- When your teen shares personal information with you, don't overreact. Your teen is asking for your input and wants to know how you feel. Let your teen know you value his or her opinion, even if it is different from yours.

4. Share your values.

- Be a good role model. Be aware of your own behavior, and show your teen how he or she can be healthy and avoid risks.
- Build a positive relationship with your teen. The emotional closeness of your relationship with your teen, your attitudes toward teen sex, and your level of involvement with your teen can make a difference in reducing your teen's sexual risk behavior.

Adolescence is a time for development and discovery, which can be both positive and challenging. As teens try to find their own identity, they make choices that affect their health, both now and in the future. By following these key practices, you can build a quality relationship with your teen and be a positive influence in helping your son or daughter make healthy decisions and avoid sexual risk behaviors.

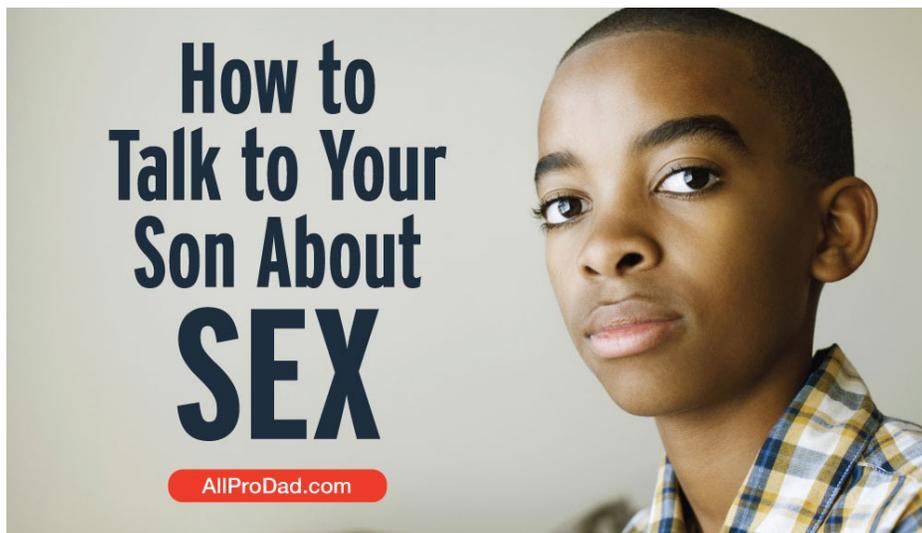
Where can you get more information?

- Division of Adolescent and School Health — Adolescent Health page www.cdc.gov/healthyyouth/adolescenthealth/index.htm
- The Center for Latino Adolescent and Family Health (CLAFH) www.clafh.org
- National Campaign to Prevent Teen Pregnancy www.teenpregnancy.org/
- Girl's Health — Parent/Caregiver section www.girlshealth.gov/parents/
- KidsHealth www.kidshealth.org/parent/
- Parents of Teens www.usa.gov/Topics/Parents_Teens.shtml.
- Parents' Sex Ed Center www.advocatesforyouth.org/index.php?option=com_content&task=view&id=108&Itemid=206
- PBS Parents: Talking With Kids About Health www.pbs.org/parents/talkingwithkids/health
- U.S. Department of Health and Human Services Fatherhood Initiative www.fatherhood.hhs.gov

This fact sheet is based on the following publication:

Guilamo-Ramos, V., Bouris, A., Lee, J., McCarthy, K., Michael, S. L., Pitt-Barnes, S., & Dittus, P., (2012). *Paternal influences on adolescent sexual risk behaviors -- A structured literature review*. *Pediatrics*, 130, 1313–1325.





By: BJ Foster

When my son was only four he asked me, “Where do babies come from?” I told him that they come from their mommy’s tummy. Hoping that answer would satisfy, I tried to change the subject. Then came this, “How do babies get in their mom’s tummy?” Fortunately, my wife and I were just talking about a brilliant analogy made in a book she was reading called *The Hiding Place* by Corrie Ten Boom. Sometimes, my son helps me bring in the groceries after a trip to the market. So I asked him if it would be good for me to give him a bag that was too heavy to carry and he said, “No.” I explained to him that when he grew up and got older, he would be able to carry the heavier bags. In other words, I told him, the answer to his question was too much weight for his young age. But I would give him the answer when he was older and could handle it.

Is your son old enough to carry the weight? Like me, you may have been putting it off for as long as you could. The last thing you want is for your son’s first discussions about sex to come from anyone else. You probably know that it’s time to talk about it, but it’s tough to know what to say. Here’s how to talk to your son about sex.

Setting the Stage

Think of this as starting an ongoing conversation. For the first discussion, I think it would be best to take him away for an overnight or a weekend. Make it a special time with bonding activities. Let him know the purpose of the time and what you are going to talk about.

Ask Them Questions

Start by asking him open-ended questions. You need to find out first what he knows and where he has been getting his information. Hopefully, you are getting to him at a place of limited exposure. Here are some questions to get you started. “What do you think of girls? Are you interested in a particular girl? Do you ever want to get married? What do you know about sex?”

Treatment of Women

When boys mature, girls become desirable and their natural thirst for girls grows strong. It’s important to guide their understanding of the honorable way to treat them. Girls are a precious and

valuable gift, like fine china. Boys need to know that girls are not an object from which they selfishly take pleasure and then discarded when finished. The desire of girls is to be won and for their affection to be earned. They want to be made to feel cherished, protected, and secure.

Explaining the Purpose of Sex

Emotional and spiritual intimacy between a man and a woman partners is one of the richest gifts in the human experience. It is knowing someone and being known at the deepest level. When the physical, emotional, and spiritual come together in the security of a lifetime commitment, it is the highest pleasure a relationship can offer. The pure intensity of that loving bond is actually powerful enough to create life. It is an amazing gift but only reaches its fullness in that context.

Monogamy vs. "Casual" Sex

There is a Kid Rock song called "Only God Knows Why". In it, he says, "Outstretched hands and one night stands, still I can't find love." In my observation of the world and relationships, I have come to the solid conclusion that sex is at its best in a committed, married relationship. Without it, at best, there is something missing. At worst, it leaves people feeling empty, alone, and wounded. Further, it is physically dangerous. Having sex is like putting your hand on someone's soul.

Self-Exploration and Porn

Boys going through puberty have raging hormones. As a result, self-exploration and masturbation understandably occur. Your son needs to know that he isn't weird. Reassure him by sharing your own personal experience. Then discuss with him that controlling raging hormones is an opportunity to build self-discipline and control. If a man doesn't exercise control and feeds his appetite for sex, the appetite has a tendency to grow. As it grows it can lead to porn, and porn is a road that he needs to stay clear off of. Porn can destroy relationships. Remind him again of the purpose of sex—for emotional and spiritual intimacy.

Article located at <http://www.allprodad.com/how-to-talk-to-your-son-about-sex/>

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Male Facts

TESTOSTERONE

Hormone responsible for male bodily changes, Such as facial hair, voice changes and the ability to produce sperm. Testosterone is produced in the testicles.

It is very common for one testicle to be larger and hang lower than the other. The scrotum hangs on the outside of the body because of the lower body temperature needed to produce sperm. If the testicles are cold they will hang very close to the body and if they are too hot they will hang low to cool themselves off.

Baby boys are born with a piece of skin covering the end of the penis. Some have it removed for religious or cultural reasons.

SEMEN

During the male ejaculation (the process of semen exiting the male body through the penis), it will contain 200-500 million sperm. Many guys will ejaculate during their sleep. These are called “wet dreams”. This is a very normal occurrence.

When the penis is fully erect, semen can pass out but the male is unable to urinate. In other words, males are not able to urinate when they have a full erection. Guys can not and will not “run out” of sperm. The male body continually produces new sperm every 72 hours.



Image 100170026.jpg Courtesy of www.freeditalphotos.net

Contact your doctor if:

you find any lumps in or on your testicles • your testicles are sore or swollen • you have burning during urination • you have a white or yellowish discharge dripping from your penis

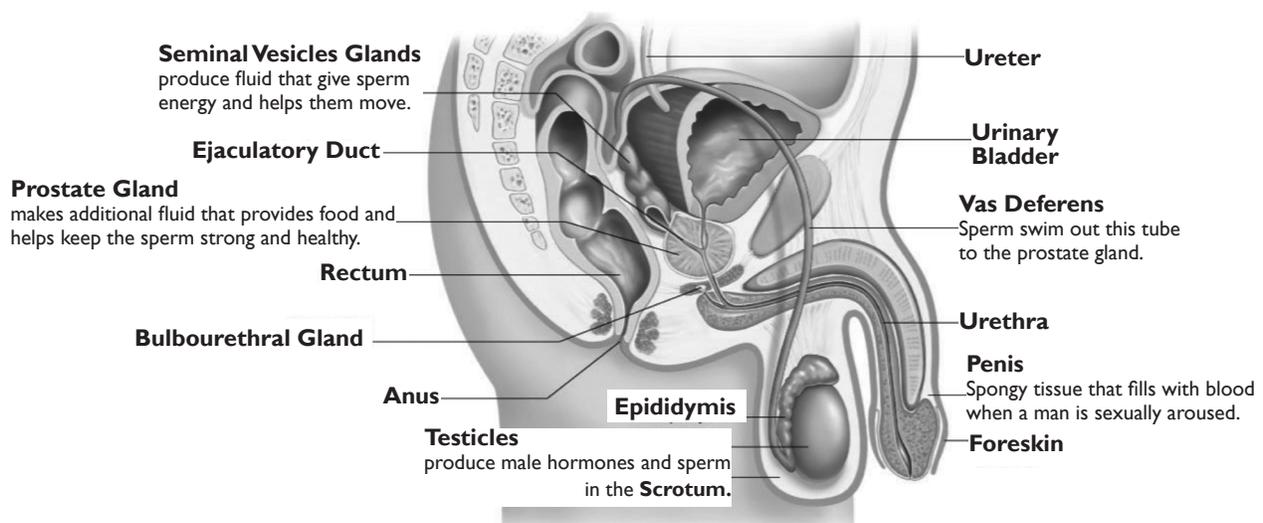


Image courtesy of <http://www.studyblue.com/notes/note/n/final-exam-ch-14-from-pp/deck/3064480>

Source: Ottawa County Department of Public Health • www.miOttawa.org/miHealth

Female Facts

FEMALE BODY

Uterus

The size of a fist, shaped like a pear. The place where a fertilized egg grows and develops into a baby. One of the strongest muscles in the body.

Vagina

The space where menstrual flow leaves the body, accepts sperm during intercourse and provides a place for babies to exit the female's body.

Cervix

Produces a special mucus that keeps germs out of the uterus. Located at the bottom of the uterus.

Ovaries

Each female reproductive system has two. They produce the female hormone Estrogen and house all the eggs. We are born with about 300,000 eggs which are about the size of a needle point.

Fallopian Tubes

Attached to the uterus they are about 5 inches long and look like thin pieces of spaghetti. It is the place where fertilization of the eggs occurs.

Vulva

Is the female genital area located on the outside of the body. It consists of 3 parts:

Outer lips-cushion and protect the vaginal opening

Inner lips-sensitive to sexual pleasure

Clitoris-pea shaped organ protected by a hood of skin. Intended for sexual pleasure.

Openings

Anus-bowel movement

Vagina-babies and menstrual flow

Urethra-urine or pee leaves the body

Breasts

Check your breast once a month.
If anything worries you contact your doctor.

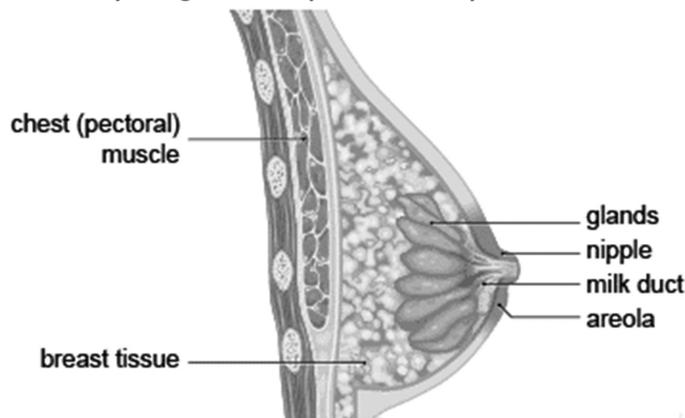


Image courtesy of <http://www.bupa.com.au/staticfiles/BupaP3/Health%20and%20Wellness/MediaFiles/Images/breast-diagram.png>

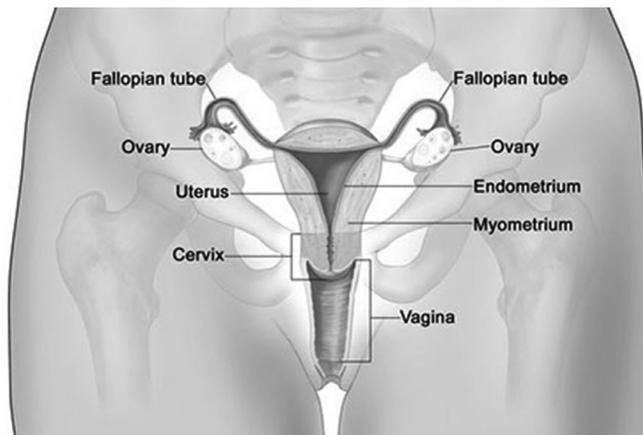


Image courtesy of <http://seer.cancer.gov/i/factsheets/corp-lg.jpg>



HORMONES

Estrogen and Progesterone

Ovaries begin making these hormones at the onset of puberty. These hormones are responsible for the many changes that girls will go through. Estrogen tells the ovaries when to release eggs and Progesterone helps prepare the uterus for a possible pregnancy.

PREGNANCY

When a man places his penis inside the female vagina, he releases millions of sperm that try to travel up the uterus into the fallopian tubes looking for a potential egg to fertilize. If there is an egg present and fertilization occurs it will travel down the fallopian tubes and attach itself to the uterine wall and begin to grow. The process of pregnancy takes 9 months.

Menstruation

THE BIG QUESTION

When will I start my period?

Every girl is different. Some girls will start their periods when they are 9 years of age. Others may when they are 16 years of age. Asking some of the females in your family can help you gauge the time when yours may begin. Try to keep in mind that these changes are a normal part of becoming a young women.



- Begins 2-3 years after the start of puberty.
- The menstrual process happens about once a month and lasts for 3-7 days.
- Some girls have a heavy flow. Some have a light flow. Both are normal.
- Some girls will experience cramps. Getting plenty of rest, a well balanced diet and exercise can help reduce cramps. However, there may be times when an aspirin or pain reliever may be needed.
- Changing your pad or tampon every 3-4 hours is very important. It will help reduce the odor sometimes associated with having your periods. It also helps to bathe and shower daily. Never flush a pad or tampon down the toilet.
- Always be prepared!! Carry a pad or tampon in your backpack or purse. The school secretary or nurse will also have a supply of pads as well.

Puberty

Usually occurs between

10 - 13 years of age



9 - 12 years of age



BOYS

- Grow taller
- Skin gets more oily
- Hair grows on face
- Shoulders get broader
- Muscles develop
- Breast may feel sore or tender
- Penis and testicles grow
- Body hair including pubic hair
- Sweat glands develop—body odor
- Hair under arms
- Voice changes
- Glands in scalp produce more oil

GIRLS

- Grow taller
- Skin gets more oily
- Breast develop
- Breasts feel tender and sore
- Hips broaden
- Skin around the nipples gets darker
- Feet grow rapidly—may feel clumsy
- Pubic Hair grow around genitals
- Sweat glands develop—body odor

During this time, it is important to talk about your feelings in regards to the changes going on with your body. Everyone will be experiencing the changes of puberty at different times and that is completely normal.

Getting plenty of rest and exercise is important to maintain a healthy body. Equally important is showering, bathing and taking special attention to your body. Applying deodorant and change your clothes on a regular basis. Girls who are menstruating, should be sure they change their pads and tampons every 3-4 hours.



The Talk Show

Using TV to Talk with Your Children about Sex

Nearly all (97%) U.S. homes own at least one television. TV is part of most of our daily lives, and most people have a favorite show...or three or four. TV shows are filled with story lines related to sexuality, relationships, and reproductive health – everything from sex and pregnancy to unhealthy relationships and gay, lesbian, bisexual, and transgender issues. Watching TV with your children can help you have honest conversations about these topics.

You can use storylines to spark conversations and find out what your child thinks and how they might behave if they were faced with the same situation. You can also share your values, expectations, and hopes for them.

STEP 1

Find out which shows your kids are watching and figure out a time to watch with them when you won't be distracted. Ask open-ended questions about what they're watching instead of yes/no questions to get a conversation going. Here are some general questions you can start with:

- What is this show about? What do you like about it?
- What do you think about what's happening in the show right now?
- How realistic are the situations in the show? Do you know anyone in a similar situation? If so, how are they handling it? What do you think about how they are handling it? What would you do?
- Which relationships in the show are healthy and which are unhealthy, and why?

STEP 2

Get more specific about what's happening on the show, and listen carefully to what your children say. This is an important opportunity to talk about your thoughts and values. Share your expectations and hopes for them if they were in a situation similar to what's happening on screen or use the show as a jumping-off point to talk about related issues.

When You See Romantic Relationships



ASK:

- How do they treat each other? Why are they together? How do they communicate?
- What do you think about how they treat each other and how they settle disagreements?
- Overall, what makes the relationship healthy or unhealthy?

TALK ABOUT:

- What you hope for them in their romantic relationships.
- The relationships you've had or have. Children and teens are often fascinated to hear more about their parents' dating history.
- Warning signs of unhealthy relationships, and the fact that one in ten high school students has been physically hurt by a dating partner. What to do if you ever feel scared, threatened, or are hurt by your romantic partner.

When You See Sex or Sexual Activity



ASK:

- Do you think the sex on this show is realistic? Why or why not?
- How did the characters know they were ready to have sex? What factors did they consider in making that decision? What factors would you consider? How would you know if you were ready? Who would you talk to about it?
- What do the characters expect from each other? What are the disadvantages and advantages of having sex?

TALK ABOUT:

- Your values about when sex is appropriate. Be specific—do you believe sex is only for marriage? Is only for adults? Is OK for older teens as long as the relationship is a strong and loving one? Many parents aren't specific enough—your teen won't know what you expect from them unless you're direct and specific.



- The complex emotions that can go along with having sex.
- What the advantages and disadvantages are of having sex. Talk with them about these things and help them think through what the right decision is for them right now.
- What real sex looks like versus sex on TV, including how in real life people don't look perfect all the time and they don't automatically know what the other person wants. In real life, couples don't go from kissing to sex in one minute. There has to be communication between partners. And in real life, most teens aren't having sex—the average age of first sex in the U.S. is 18.
- Preventing unintended pregnancy with birth control—the different methods and where they can get birth control.
- Using condoms with birth control to avoid STDs.
- Getting tested for STDs.

When You See a Pregnancy



ASK:

- How does this character feel about being pregnant? Who did she tell about the pregnancy?
- What are her options and what is she considering doing? How does reality compare with what they're showing on this show?
- How would getting pregnant affect your life right now? What would you do?

TALK ABOUT:

- Ways to prevent pregnancy with birth control.
- When you think the right time for your child to become a parent is.
- What your child needs (good job, education, home, partner, etc.) before becoming a parent.
- Your beliefs about what he/she should do if he got someone pregnant or she got pregnant right now.

When You See Lesbian, Gay, Bisexual, or Transgender (LGBT) Issues



ASK:

- How realistic do you think this character's experience is? What are different experiences someone might have in real life as an LGBT person?
- What are the challenges that this character faces because of his/her sexual orientation or gender identity? How is he/she being treated? What do you think about that?
- What gay, lesbian, bisexual and/or transgender people do you know? What are their lives like? How supportive is your school for LGBT students? What can you do to be supportive?

TALK ABOUT:

- How LGBT people can be just as diverse as everyone else—they're not all the same.
- How discrimination affects LGBT people, including bullying, self-esteem, and legal obstacles in adulthood like not being able to get married, get a job, or find housing.
- How to support people who are LGBT by joining a Gay-Straight Alliance at school, standing up for LGBT people at school who are bullied, or just being a good friend.

When You See Peer Pressure



ASK:

- What made the character do that? What do you think about what they did? What would have happened if they didn't do that?
- What would you do if faced with a similar situation? How would you say no to someone pressuring you to do something sexual that you were not comfortable with?
- What do you think about people who pressure others to do things they're not comfortable with?
- What are some ways to tell that someone might be uncomfortable about what you are suggesting?

TALK ABOUT:

- What peer pressure looks like as a child, teen, and adult.
- Ways your child can say no to sex or something else they're not comfortable with.
- Ways they can get out of a peer pressure situation safely.
- Recognizing when someone is uncomfortable.
- The importance of accepting when someone does not want to do something.

When You See Texting or Social Media



ASK:

- Have you or a friend ever sent a text or posted something on a social media site that you've regretted? What happened? What could have happened?
- What kinds of things do you think are OK to text or share and what kinds of things aren't?

TALK ABOUT:

- Protecting your privacy and how little control you have of photos, videos, and posts once they are shared.
- That sending nude or semi-nude photos – even of yourself – is illegal for minors in many places. Even when it isn't illegal, these kinds of pictures often end up getting shared with people who were not meant to see them and can lead to a lot of problems.
- The fact that only 1 out of 5 teens have ever sexted, so most teens aren't sexting.

When You See Issues of Body Image or Unrealistic Beauty Standards



ASK:

- Why do you think this character feels the way they do about their body? What causes someone to feel good or bad about their body?
- What do you notice about most of the people on TV – are their bodies typical of most people? What do you think actors and actresses do to look like they do?
- Do your friends talk about their bodies in negative or positive ways? How does that make you feel?

TALK ABOUT:

- The fact that bodies come in many different shapes and sizes, and that's normal. The average size in the U.S. is 5'4" tall and 166 lbs. for women, and 5'9" tall and 196 lbs. for men.



- The messages we receive about the way men and women “should” look from media and peers are often unrealistic and tend to make us feel inadequate.
- How models’ and actors’ body types usually do not look like the average person’s. People on TV need to look a certain way as part of their jobs and they often have to make a great effort to stay in shape. In addition, their bodies are sometimes cosmetically or surgically enhanced, and their images are often changed.
- Maintaining a healthy body image – including keeping a list of their positive qualities that don’t have to do with appearance, how to treat their body with respect and kindness, and surrounding themselves with supportive, respectful people.

STEP 3

Keep going! Talking about sexuality is a lifelong process. It’s not something that happens once. You should keep talking as your children grow and their lives change.

- For more information and resources, visit plannedparenthood.org/parents.
- For games and quizzes for your teen to help them wait to have sex until they’re ready, and use birth control/condoms once they do have sex, visit plannedparenthood.org/apps.

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Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know



Overview

The teen years can be a challenging time for young people and their parents. This fact sheet provides information on how parents can promote positive health outcomes for their lesbian, gay, or bisexual (LGB) teen. The information is based on a review of published studies¹, which found that parents play an important role in shaping the health of their LGB teen.

When LGB teens share their sexual orientation² (or even if they choose not to share it), they may feel rejected by important people in their lives, including their parents. This rejection can negatively influence an LGB teen's overall well-being.

On the other hand, a positive family environment, with high levels of parental support and low levels of conflict, is associated with LGB youth who experience healthy emotional adjustment. These teens are less likely to engage in sexual risk behaviors and be involved in violence.

How Parents Make a Difference

Compared to heterosexual youth, LGB teens are more likely to experience bullying, physical violence, or rejection. As a result, LGB teens are at an increased risk for suicidal thoughts and behaviors and report higher rates of sexual risk behavior and substance abuse.

Research suggests that LGB teens experience better health outcomes when their parents support their sexual orientation in positive and affirming ways. Compared to teens who do not feel valued by their parents, LGB youth who feel valued by their parents are less likely to

- Experience depression
- Attempt suicide
- Use drugs and alcohol
- Become infected with sexually transmitted diseases

¹ This fact sheet is based on the following publication: Bouris A., Guilamo-Ramos V, et al. A systematic review of parental influences on the health and well-being of lesbian, gay, and bisexual youth: Time for a new public health research and practice agenda. (2010). *Journal of Primary Prevention*; 31, 273–309. Because the systematic review focused on youth who identify as lesbian, gay, or bisexual and did not include research on gender identity, this fact sheet does not address transgender youth.

² Sexual orientation: a term frequently used to describe a person's romantic, emotional, or sexual attraction to another person.

In addition, research among young gay men has shown that having a positive relationship with their parents helped them decide to have safer sex (e.g., using a condom, not having sex with high-risk partners). Many also reported that having a positive parent-teen relationship created a sense of responsibility to avoid HIV infection.

Specific Actions for Parents

Research on parenting shows how important it is—regardless of their teen’s sexual orientation—for parents to

- Have open, honest conversations with their teens about sex
- Know their teen’s friends and know what their teen is doing
- Develop common goals with their teen, including being healthy and doing well in school

Although additional research is needed to better understand the associations between parenting and the health of LGB youth, the following are research-based action steps parents can take to support the health and well-being of their LGB teen and decrease the chances that their teen will engage in risky behaviors.

Talk and listen.

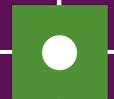
- Parents who talk with and listen to their teen in a way that invites an open discussion about sexual orientation can help their teen feel loved and supported.
- When their teen is ready, parents can brainstorm with him or her how to talk with others about the teen’s sexual orientation.
- Parents can talk with their teen about how to avoid risky behavior and unsafe or high-risk situations.
- Parents can talk with their teen about the consequences of bullying. Parents (and their teen) should report any physical or verbal abuse that occurs at school to teachers and the school principal.

Provide support.

- Parents need to understand that teens find it very stressful to share their sexual orientation.
- Parents who take time to come to terms with how they feel about their teen’s sexual orientation will be more able to respond calmly and use respectful language.
- Parents should discuss with their teen how to practice safe, healthy behaviors.

Stay involved.

- By continuing to include their teen in family events and activities, parents can help their teen feel supported.
- Parents can help their teen develop a plan for dealing with challenges, staying safe, and reducing risk.
- Parents who make an effort to know their teen’s friends and romantic partners and know what their teen is doing can help their teen stay safe and feel cared about.



Be proactive.

- Parents who build positive relationships with their teen's teachers and school personnel can help ensure a safe and welcoming learning environment.
- If parents think their teen is depressed or needs other mental health support, they should speak with a school counselor, social worker, psychologist, or other health professional.
- Parents can access many organizations and online information resources to learn more about how they can support their LGB teen, other family members, and their teen's friends.
- Parents can help their teen find appropriate LGB organizations and go with their teen to events and activities that support LGB youth.



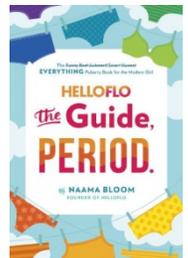
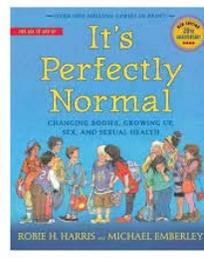
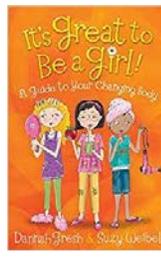
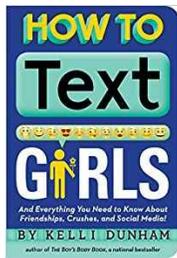
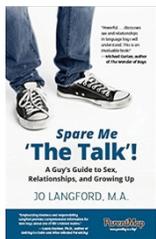
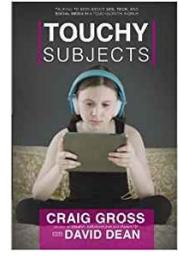
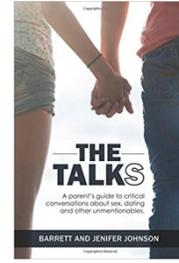
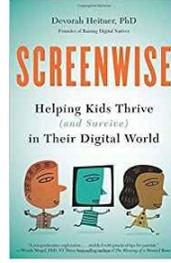
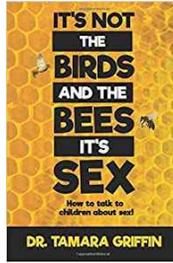
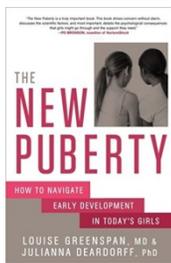
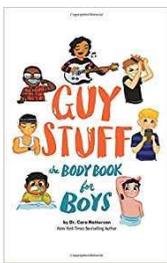
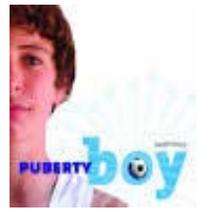
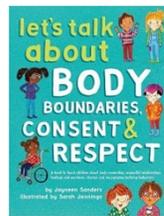
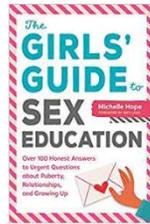
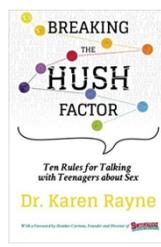
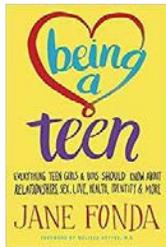
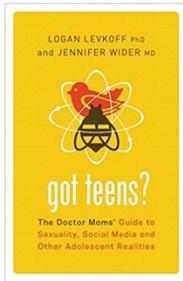
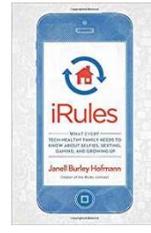
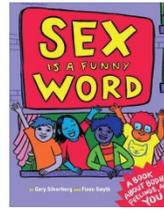
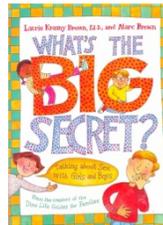
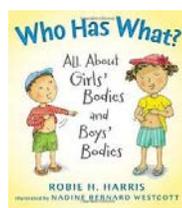
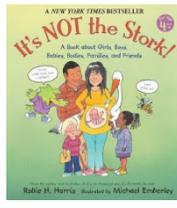
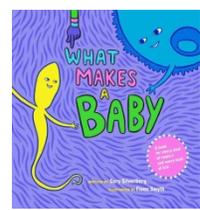
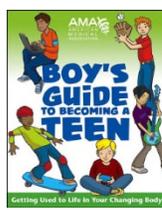
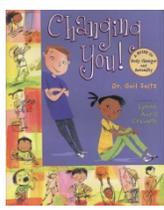
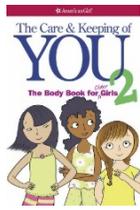
More Information

- Centers for Disease Control and Prevention:
 - Lesbian, Gay, Bisexual and Transgender Health
www.cdc.gov/lgbthealth/youth.htm
 - Parental Monitoring
www.cdc.gov/healthyyouth/adolescenthealth/monitoring.htm
- Advocates for Youth
www.advocatesforyouth.org/parents-sex-ed-center-home
- American Psychological Association
www.apa.org/topics/sexuality/orientation.aspx
- Family Acceptance Project
<http://familyproject.sfsu.edu>
- Gender Spectrum Education and Training
www.genderspectrum.org
- Parents, Families and Friends of Lesbians and Gays (PFLAG)
www.pflag.org

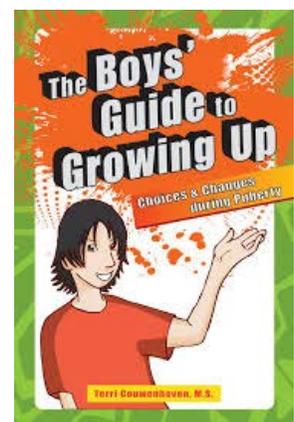
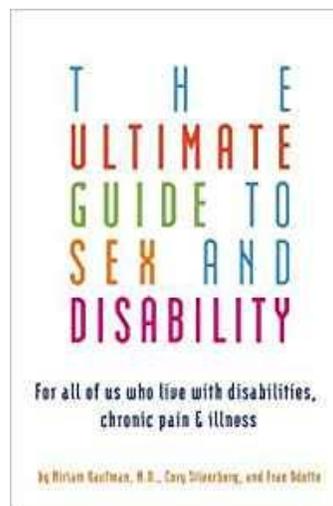
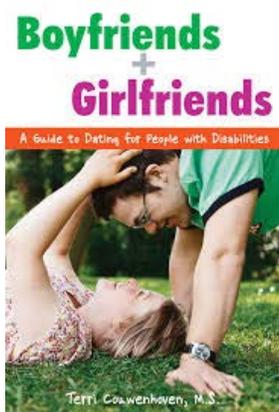
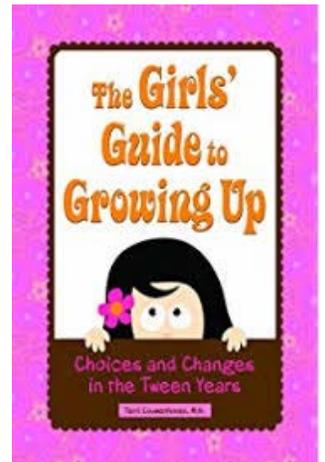
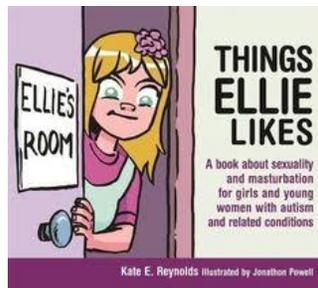
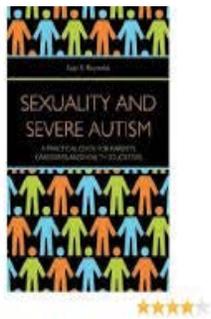
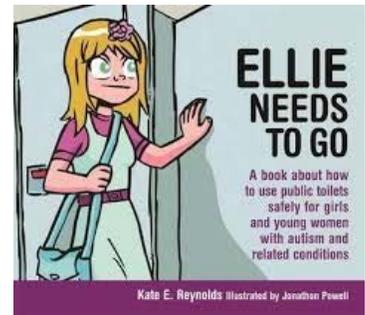
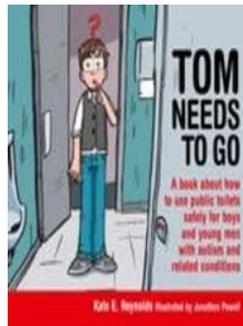
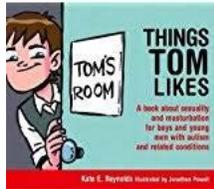


November 2013

Book Resources:



Special Needs Book Resources:



WEBSITE RESOURCES:

Power to Decide-

<https://powertodecide.org/>

Answer-

<http://answer.rutgers.edu/page/parentresources>

Amaze-

<https://amaze.org/>

Advocates for Youth

<http://www.advocatesforyouth.org/>

About Kids Health

<http://kidshealth.org/en/parents/about.html>

Healthy Children

<https://healthychildren.org/English/Pages/default.aspx>

Kids Health from Nemours

<http://kidshealth.org/en/parents/nemours.html>

CDC Division of Adolescent School Health

<https://www.cdc.gov/healthyyouth/>

Parent Action for Healthy Kids

<https://www.cdc.gov/healthyyouth/>

Stay Teen

<http://stayteen.org/>

Bedsider

<https://www.bedsider.org/>

MOASH

<http://www.moash.org/>

Fight the new drug

<https://fightthenewdrug.org/>

Sex etc.

<https://sexetc.org/>

Sex positive families

<http://sexpositivefamilies.com/resources/>

Ottawa County Department of Public Health

www.miOttawa.org/SexEd

PARENTAL CONTROLS/INTERNET FILTERING:

Net nanny

www.netnanny.com

Be socially smart

<https://besociallysmart.com/>

Qustodio

www.qustodio.com/

Circle with Disney

www.meetcircle.com/