

## 3 BIGGEST MYTHS THAT GET IN THE WAY OF THE SEX TALKS

### MYTH #1 YOUR CHILD IS TOO YOUNG TO LEARN ABOUT SEX

Children who learn about sex from their parents at an early age are more protected from child sexual abuse; see their parents as the “sex expert” in their lives; and know sex and sexuality are open topics in their families. These kids tend to wait longer before they have sex, have fewer partners, and use protection more frequently.

Starting earlier gives you and your kids many, many opportunities to have short and sweet conversations over the years. Gone are the days of one awkward and traumatic “sex talk.”

### MYTH #2 WHATEVER WAS "GOOD ENOUGH" FOR YOU IS GOOD ENOUGH FOR YOUR KID

Your parents probably didn't do a fabulous job of having sex talks with you. This can influence how you handle these conversations with your kids. Maybe you were lucky and had a lot of information, regardless, the sex education of your youth will not serve your kids in today's world. Things have changed and we need to as well.

If you don't talk to your kids from an early age and regularly through out childhood and adolescence, they will learn from porn, TV, their peers, social media, video games and music videos and lyrics. Frankly, they will learn about sex from these sources anyway, but you have the most power and influence so use it!

### MYTH #3 WHEN THEY ARE READY TO KNOW THEY WILL ASK

When you wait for them to ask you are making their sexual health education their responsibility and it definitely is not. You decide. Who is the best sex educator for you children? You or their peers and porn? My money's on you.

Just because your kid hasn't asked it doesn't mean they don't need to know. All it means is that they haven't asked, plain and simple. Every kid has questions about this part of life.

### A FEW TIPS TO GET THE TALKS STARTED

- Remember! This is about *preparing* them for this huge part of life! Imagine if you had been as ready as you could have been.
- Just start. The earlier the better because you will establish yourself as their best source of information. And everyone will get used to having sex talks.
- Get age-appropriate books. You are already reading to your kids, right? Toss them in with the regular reading.
- Take the time to think about your hopes for your kids. Your hopes are your goals.

Feeling at sea? Would you like more help? Check out my [Solutions Center!](#)



Amy Lang, MA

Helping You  
become  
their go-to  
birds & bees  
source!



YOU'VE GOT THIS!