

# Talking about “The Talk”



# Agenda

- Introduction to facilitators and topic
- Icebreaker
- Sex education curriculum at SAS
  - SHAPE Sex Education Standards
  - Identity/Gender
  - Questions students ask
- Consent
- Sexting/Pornography
- Protective factors/Boundaries
- How to talk to your child about sex
- Questions
- Resources

# Presenters

Ryan Bruce- Dean of Student Life

Emma Sparrow- Grade 7 PE/Health Teacher

Katie Hamilton- School Psychologist

Christa Haycock- Grade 6 counselor

Ben Robertaccio- Grade 7 counselor

Mark Swarstad- Grade 8 counselor



# Welcome



## Parents are the primary educators

- We want to help you feel more comfortable with these conversations
- The school should be supplementary to what parents are teaching, not replacing

“Parents are the single largest influence on their  
teens’ decisions about sex, and parents  
underestimate the impact they have on their  
decisions.”

Ashcraft & Murray  
April 2017



# Think About It!

Consider today the time to talk with your adolescent about sex.

What are the topics that you'll want to bring up over this series of discussions?

Please write these down now.

Place a check by ones that you think will be more of a challenge for you.



# SHAPE Sex-Education Standards

- Anatomy & Physiology
- Puberty & Adolescent Sexual Development
- Gender Identity & Expression
- Sexual Orientation & Identity
- Sexual Health
- Consent & Healthy Relationships
- Interpersonal Violence

# Health Class Topics: Unit 4 Grade 6 Semester 2

## Puberty

### Enduring Understanding

Understanding puberty helps to facilitate the emotional transition from childhood to adolescence.

Everyone has special and unique qualities.

### Essential Questions

How can I promote accurate health information and behavior for myself and others?

What influences my behaviors and decisions?

### Concepts and Topics

Puberty through Wellness Dimensions lenses (Physical, Emotional, Social, Intellectual, Spiritual, Environmental)

Changing Bodies (Physiological changes)

Hygiene,

Gender (Pronouns, Genderbread person),

Language Accuracy.



# Health Class Topics: Unit 3 Grade 7 Semester 1 & 2

## Puberty/Sexuality Education

### Enduring Understanding

Being able to understand the changes that occur physically, socially and emotionally during puberty based on brain development.

### Essential Questions

Why do our bodies go through puberty?  
How do the reproductive systems work,?  
What are the hormones associated with puberty? What is their effect?  
How does our brain develop ? Why is this brain change significant to how we are feeling during these times of change?  
What is the difference between Gender, Sexuality and Biological Sex?

### Concepts and Topics

Brain Changes & Hormones  
Physical Changes & Hormones  
Changing relationships  
Identity - 8 Categories  
Gender and Sexuality -  
Male and Female reproductive systems

# Health Class Topics: Unit 3 Grade 8 Semester 2

## Puberty/Sexuality Education

### Enduring Understanding

Being able to understand relationships and sexual experiences allows us to make appropriate decisions about our sexual health and to act with respectful behaviors around all communities.

### Essential Questions

How do the female and male reproduction systems work, when involved in sexual experiences?  
What are some of the behaviors you notice when someone is interested in you?  
How do you know what to feel when you are ready to engage in sexual experiences with someone?  
What are some of the consequences (positive/negative) of engaging in sexual activity?  
What is sexual health and how do I maintain my health?  
What is consent and why is it complex?  
What is sexual harassment?  
What is abuse?

### Concepts and Topics

Gender and Sexuality - Separate and Fluid  
Male and Female reproductive systems  
Menstrual Cycle  
Dating and relationships  
Human reproduction - conception, pregnancy, childbirth, contraception  
Sexually transmitted infections  
Grieving, loss and death

# IDENTITY

Having a sense of identity that feels right helps kids to feel settled, helps to limit anxiety & mental health concerns

## GENDER

A person's deep seated felt sense of who they are. Gender is different from sex in that sex is generally identified with one's anatomy.

## SEXUAL ORIENTATION

A person's sexual, emotional, romantic, and/or affectional attractions, not necessarily dependent on behavior

## ABILITY

This identity is about the diverse array of differences in physical, mental, cognitive, developmental, learning, and/or emotional make-up.

## RELIGION

This identity category relates to a person's or a group's beliefs about the existence of God or gods and/or an identification with a particular religion or set of spiritual practices.

## SOCIO-ECONOMIC

This category is commonly conceptualized as one's social standing in society based on income, wealth, or poverty.

## AGE

his identity is about how people are categorized by society's perceptions of different age groups

## RACE

Refers to the concept used to classify humans based on perceived physical characteristics such as: skin color, eye shape and color, hair texture, body shape and size, and other physical features

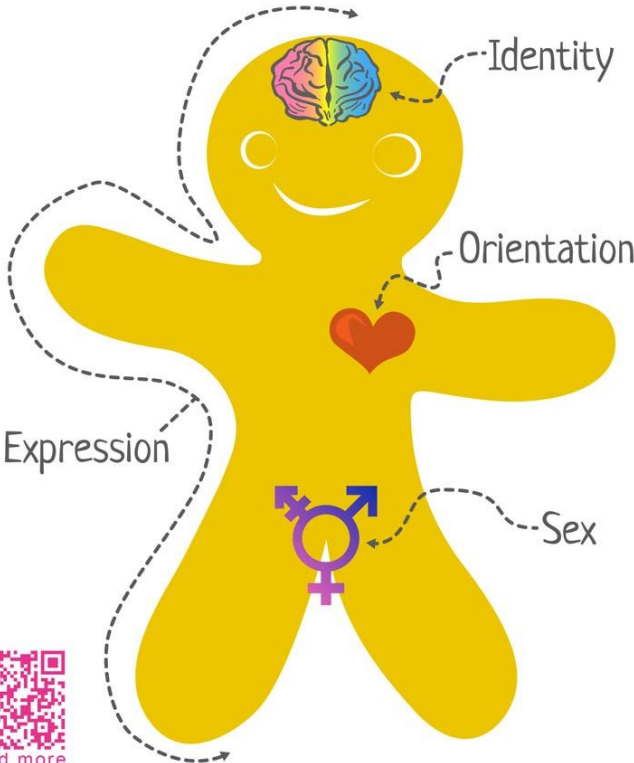
## ETHNICITY

Relates more to culture, such as sharing a common language, ancestry, national origin, and/or a variety of cultural beliefs.

# Gender Diversity

# The Genderbread Person

by [www.ItsPronouncedMetrosexual.com](http://www.ItsPronouncedMetrosexual.com)



 **Gender Identity**


Woman — Genderqueer — Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

 **Gender Expression**


Feminine — Androgynous — Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

 **Biological Sex**

Female — Intersex — Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

 **Sexual Orientation**

Heterosexual — Bisexual — Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

# Health Class - Questions Kids Ask

## 6th Grade Sample

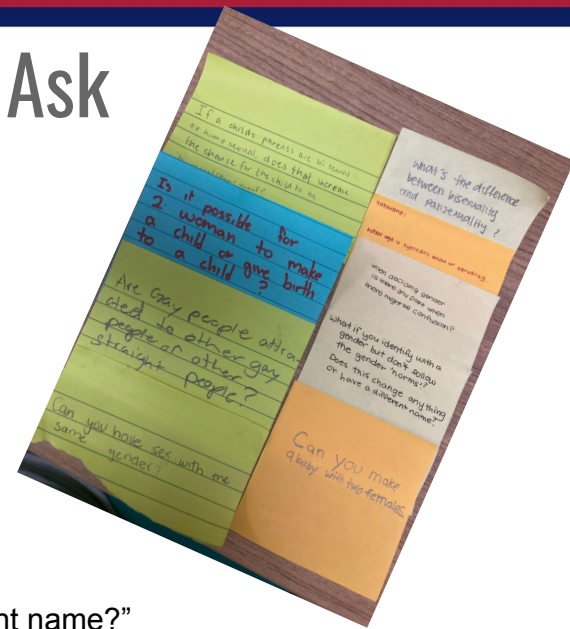
- “When will I start growing hair?”
- “What if my parents don't believe in wearing deodorant?”
- “If you have your period at school how many times do you have to use the bathroom?”
- “How do people get acne?”
- “Why do boys and girls have different reproductive organs?”
- “How does a sperm get into a girl?”

## 7th Grade Sample

- “What is typical to know your sexuality?”
- “What's the difference between bisexuality and pansexuality?”
- “Can you have sex with the same gender?”
- “Is it possible for 2 women or 2 men to have a child?”
- “What if you identify with a gender but don't follow the gender norms? Does this have a different name?”
- “How do people know their sexual orientation?”
- “I am exploring my sexuality / gender but am scared and nervous, how do I tell my family and friends?”

## 8th Grade Sample

- “How old do you need to be to have sex?”
- “Where can you buy condoms?”
- “What happens when I get an erection in class?”
- “What is an orgasm?”
- “Is it healthy to masturbate?”
- “How do you tell a friend you like them more than a friend?”
- “What is oral sex?”



# CONSENT

**“Consent involves teaching kids about their physical rights, mental and emotional boundaries and how they can engage in the world respectfully and with the ability to honor their rights and the rights of others.”**

Rosalia Rivera, founder of Consent Parenting



# 5 THINGS YOU SHOULD KNOW BEFORE YOU TALK ABOUT CONSENT WITH CHILDREN

Christine Koh, CNN (2021)

1. Consent is about healthy relationships
2. Start talking about consent early
3. Talking about consent strengthens boundary skills
4. Consent requires practice by kids and adults
5. Talking about consent is a positive thing



# Tea Consent Video

**Consent is about hearing “YES” rather than the absence of “NO”**





# Pornography

## What do we mean by pornography?

*'A printed or visual material containing the explicit description or display of sexual activity, intended to stimulate sexual excitement'*

## Possible risks:

- Physiologically- shrinks the ventral striatum (reward centre brain)
- Psychologically - desensitisation; habituation; addiction; shame; lowered relationship satisfaction

Pornography accounts for:

- 35% of all internet downloads
- 25% of all internet search requests
- 12% of all websites
- Average age of first exposure to pornography is between 9-11 years of age

# Sexting

What do we mean by sexting

*'The exchange of sexual content material via technological devices'*

Possible risks:

*'Every time you post a picture or update your status you are contributing towards your own digital footprint'*



Statistics\*:

- 1/7 teenagers have sent a sext
- 1/4 have received a sext
- 12.5% have forwarded a sext without permission from sender
- 53% of adults aged 18-30 engage in sexting

# Sharing Intimate Images

This happens in Middle School

Fits into “Child Pornography” legally speaking

Important to talk to your kids about it beforehand.

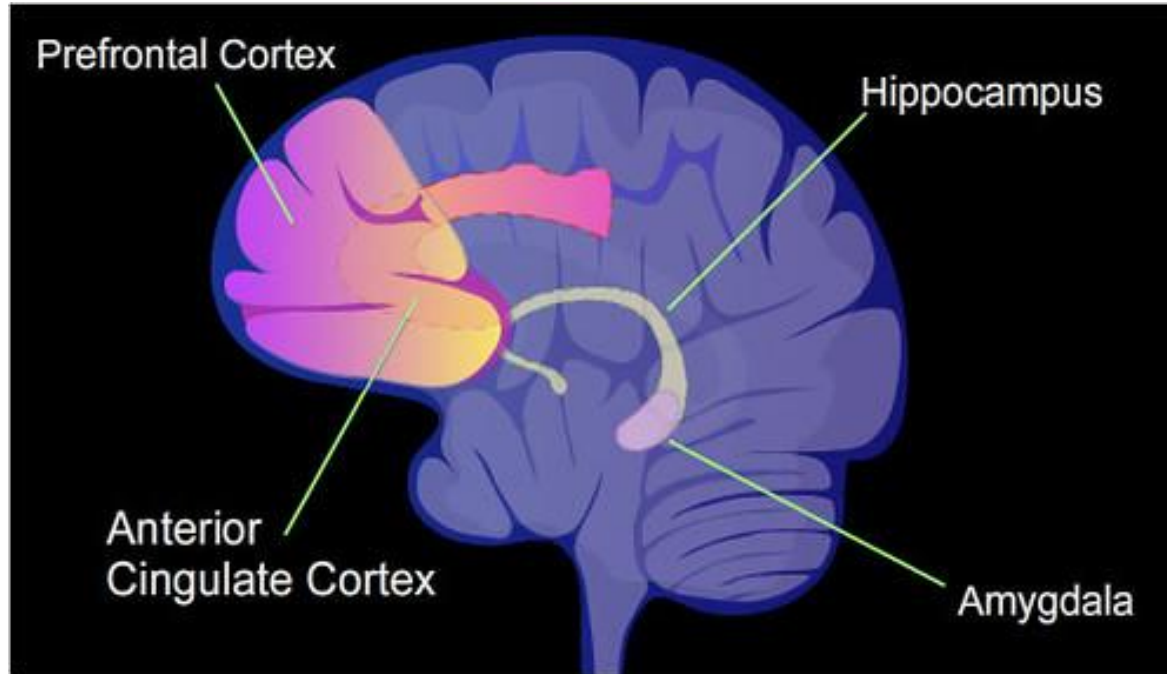
If/when you find out that your child has received or shared intimate images, discuss it calmly with them.



## Priorities from a School Perspective

1. Stop/limit the circulation of the image
2. Support the person whose image has been shared
3. Understand how it was shared and by who
4. Help those who have seen and/or shared the image to empathize and understand the harm it causes.
5. Help those who have seen and/or shared the image understand how to deal with inappropriate images that are shared with them.

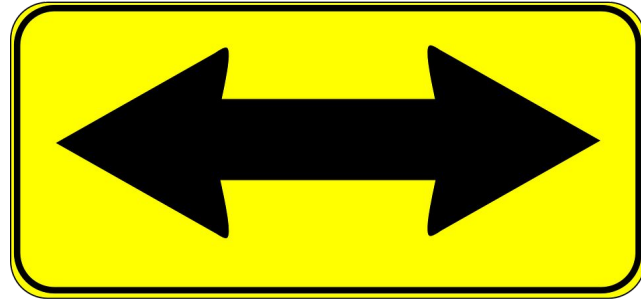
# Protective Factors: Critical Thinking vs. Impulse



# Protective Factors: Delay

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# Protective Factors: Home-School Connection



# Protective Factors: Avoid Drinking and Drugs



# Protective Factors: Involvement in School Activities

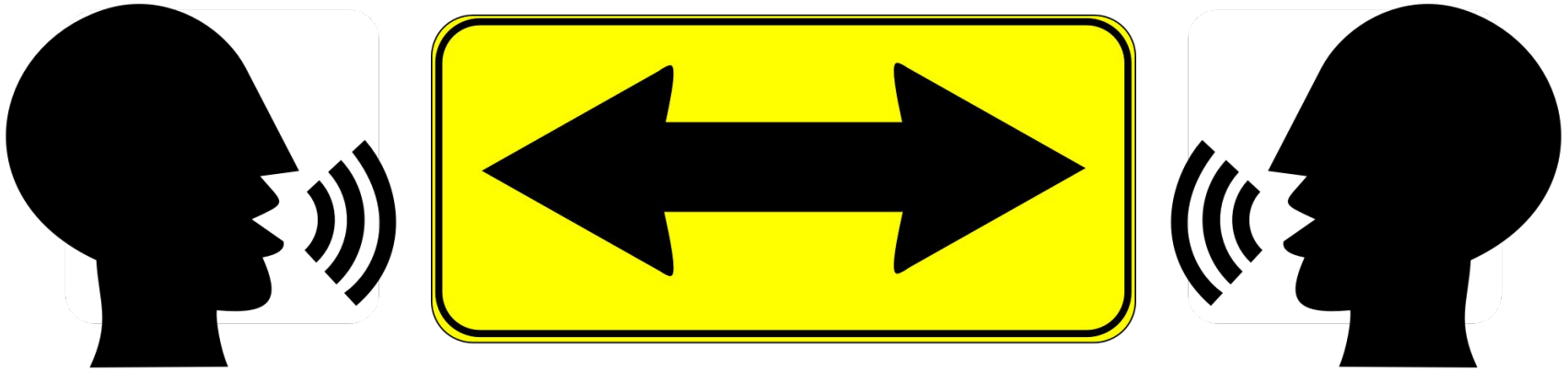




# Protective Factors: Acceptance



# Protective Factors: Open Communication



# Protective Factors: Explore Wants

- Help child identify what they want from a relationship
- Help child identify what they seek from a partner
- Talk about traits
- Talk about partner / friend differences
- Recognize the elephant in the room. Desire



# Protective Factors: Refusal Skills



# Protective Factors: Unintentional Late Evenings

- Risk increases when children are alone, free, and unsupervised.
- Keeping devices out of bedroom decreases risk for porn.

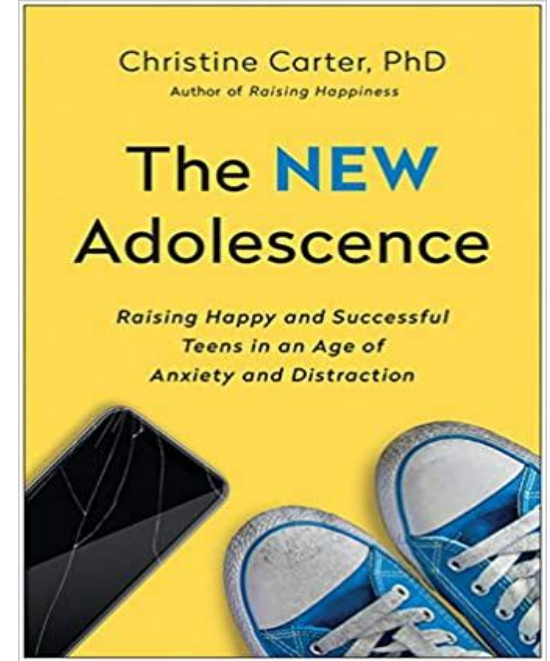


# Talking to your kids about sex - Getting Started



# Talking to your kids about sex - Getting Started

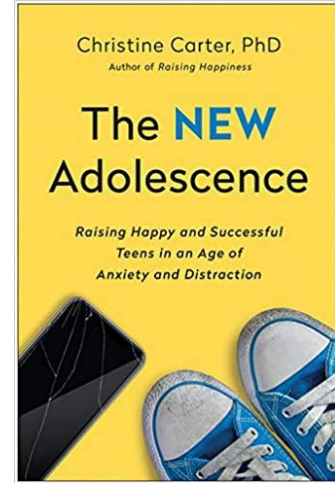
- Series of conversations
- When they are young, continue through college
- Talk regularly about uncomfortable topics like masturbation, pornography, and the dangers/pleasures of sex
- Need to know when they are ready for sex and may need advice on birth control



“When the timing is right for sex, we want it to be a positive part of their lives - one that brings more love, connection, and pleasure than regret, pain, and embarrassment.”

# Continuing.... Talking to your kids about sex

- The goal is to be a resource and support for our kids
- Find out what your kid is being exposed to at any age
- You don't have to have all the answers to their questions
- Ask questions in non-judgmental ways
  - Do you know anyone who has watched porn? How did it affect them?
  - How many of your friends are sexually active?
- Foster closeness with your kid
- Don't rely on abstinence education





# Continuing.... Talking to your kids about sex

Teens say it makes a difference!

- Seize the moment
- Be honest
- Be direct
- Consider your teen's point of view
- Move beyond the facts
- Invite more discussion
- Be ready for their questions
- Family doctor could be a good resource



“The lessons teens learn today about respect, healthy relationships, and what is right or wrong will carry over into their future relationships.”

# Talking to your kids about sex - Be Courageous....

- Find a good time to talk
- Make sure you're calm and relaxed
- Express how you feel and think about this
- Not just this one time
- Keep educating yourself
- Curiosity before judgement
- Safe, Seen, Soothed



# Anonymous Questions and Answers

- Share topics and content from each grade level so that parents can be prepared?
  - See links to [SHAPE Standards](#) in Resources below.
- How do I handle discussions around masturbation with my child when I feel more uncomfortable than they do?
- What do studies say about masturbation? Is it healthy? At what age would it be healthy to masturbate? [Teen Health Article 1](#) [Teen Health Article 2](#)
- How do you advance from puberty talk to talk about sex?
- Can parents have the slides on what will be taught in grade 8 to start these conversations?
- How does the school handle sexting and social media from a punishment and crime standpoint? Does it depend on whether it happened during school hours? Is there an ethics code that SAS students sign?

# Resources

## Gender & Identity

[GenderSpectrum.org](https://www.genderspectrum.org) - Resource for talking about Gender  
[Talking to Parents About Teen Sexuality](#) - NCBI 2016

## Curriculum Resources

[Amaze.org](https://www.amaze.org) - Parent, Teacher, Student resources  
[SHAPE National Health Standards](#) - Curriculum used at SAS  
[SHAPE Sex Education Standards](#) - Newly published in 2020

## Talking about sex

[Beyond Birds and Bees](#) - Bonnie Rough  
[Real Talk About Sex and Consent](#) - Cheryl Bradshaw  
[Teenhealth](#) - Information around many topics  
The New Adolescence- Christine Carter

# Consent Resources

[Tea Video](#)

[Tea Video for younger kids](#)

Sharfia Zaloom, [Sex, Teens, and Everything in Between](#)

Rosalia Rivera, [Consent Parenting](#)

Kelly Holmes, [The Magic Greeting Every Kid Should Learn Before Visiting Family](#)

Rachel Brian, [Consent \(for Kids!\):Boundaries, Respect, and Being in Charge of YOU](#)

If you have any questions, please reach out to one of us for support.

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