

# AASECT 49th Annual Conference

June 15 - 18, 2017 ♦ Las Vegas, NV

## RAISING SEX-SAVVY KIDS

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Helping Parents Turn “The Talk” Into a  
Life-Long Conversation About Sex and  
Relationships

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Presentation slides and handouts can be found at

[www.MeganTorreyPayne.com/AASECT17/](http://www.MeganTorreyPayne.com/AASECT17/)



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## Speaker Disclosure(s):

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I have no financial relationships  
or affiliations to disclose.



# 7 Reasons Why

- Kids:
  - **delay intercourse** (Byers, Sears, & Weaver, 2008; Elliott, 2010)
  - **use contraceptives** (Byers, et al., 2008; Elliott, 2010; Widman, Choukas-Bradley, Noar, Nesi, Garrett, 2016)
  - **need help asking for and giving consent** (Smith, 2016)
  - **want information from parents...** (Schuster, et al., 2008)
  - **but will turn to other sources if needed**

# 7 Reasons Why

- Parents:
  - influence attitudes and values (Aspy, et al., 2006; Widman et al., 2016)
  - model open communication (Widman et al., 2014; Widman et al., 2016)

# Obstacles

- Embarrassment
- Lack of information
- Uncertainty
- Fear
- A desire to protect the innocent

(Byers et al., 2008; Schuster et al., 2008; Widman et al., 2016)

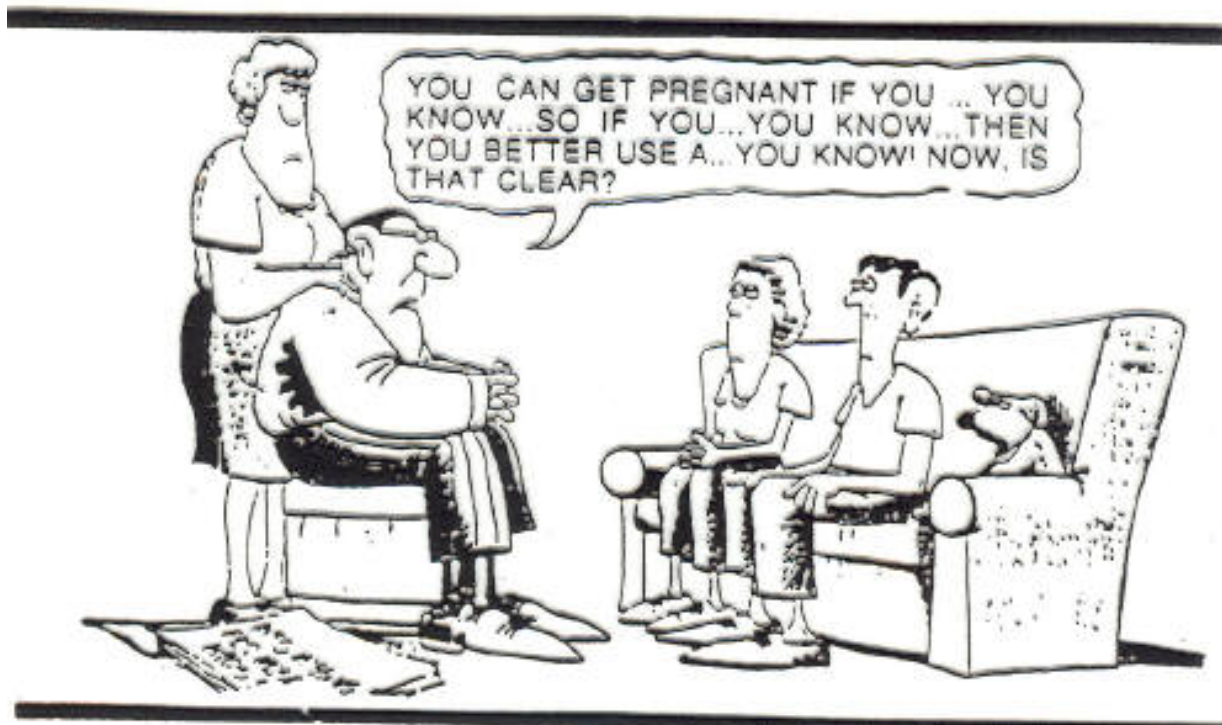


Megan Torrey-Payne, LCSW

Honoring our **past**  
Celebrating the **present**  
envisioning the **future**

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50





# Voices of Real Parents

I was most freaked about the 'when' – when is the right age to even think about sex?

I didn't realize the importance of consent and how she needs to be able to understand and talk about it first.

I want to make sure I use the right words, so I don't say too much or too little. I don't want her to freak out or think it's weird.

Don't they teach this in school?

# What is the role of schools?

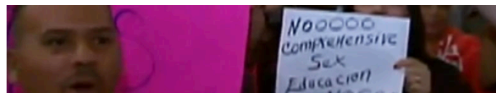
- Quality and quantity depends on:
  - state
  - school district
  - school and teacher
  - parental approval
- Usually ignores younger kids completely.
- There are no guarantees that schools will communicate the values that parents want passed to their kids.

# Parents, schools (sex ed controversies



# Parent removal meeting by po

POSTED 6:42 PM, MARCH 8, 2017, BY [ANDY BANK](#)



# Former Arkansas for talking abo

POSTED 6:02 PM, NOVEMBER 7, 2016, BY [BRIDGET](#) education curriculum.

A public meeting in October ended in chaos after sh between supporters and opponents of the update wl into an auditorium. This month, as board members from both sides vented their feelings during three h

# San Diego Unified's Sex Ed Classes Go Too Far, 'Pornographic,' Some Parents Argue

POSTED BY TONI MCALLISTER ON MAY 18, 2017 IN EDUCATION | 674 VIEWS | 0 COMMENTS | [LEAVE A COMMENT](#)

Share This Article:



Photo via Pixabay.

A petition making its way through [San Diego Unified School District](#) families argues a new sex education curriculum is inappropriate for students.

[The San Diego Union-Tribune](#) is reporting that more than 1,000 people have signed the petition, and now school district officials are working to put the issue on the agenda of a future board meeting.

During Tuesday night's school board meeting some parents spoke out against the curriculum, and the U-T reported some of the comments.



Pgs. 8-9

# Witness

March 11, 2016

1570 Branham Lane, San Jose, CA 95118

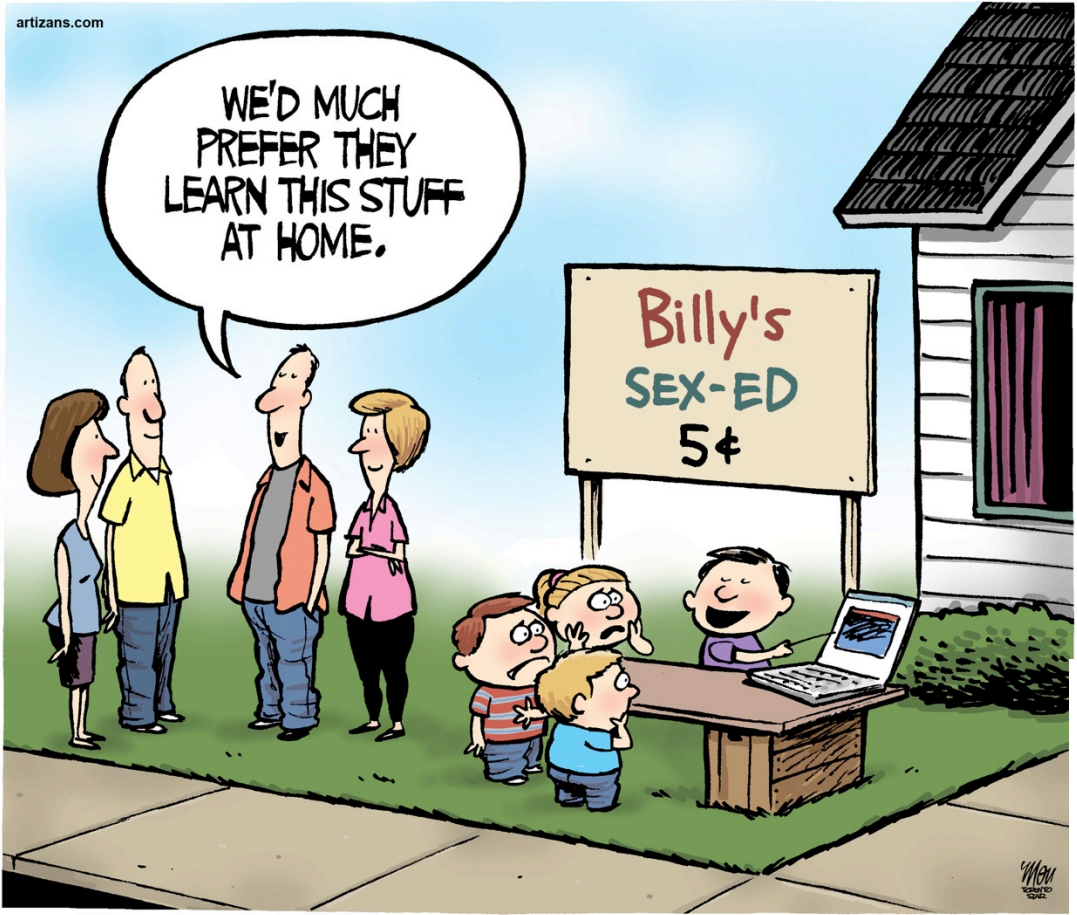
# K



Barbara Nishiguchi/ Special to Bear Witness  
WASC Committee chairman Ms. Jane Hammaker, Mrs. Heather manarullah, and Mrs. Tania Fatou confer monday about Branham's progress.

# er being fired

Branham's WASC committee recently released a report summarizing the school community, progress report, findings from a self study, and a schoolwide action plan. Branham works for success and provides educational opportunities for all students. The CUHSD goals are summarized in the WASC report.



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50th Anniversary

# Education Programs Aimed at Parents

- Greater sex education = more communication
- Sex ed programs targeting parents can improve parents' comfort and confidence → increased communication

(Byers et al., 2008; Kitchen & Huberman, 2011; Schuster et al., 2008)

# Considerations

- What is your goal?
  - disseminate information?
  - impart the importance?
  - increase comfort?
- Group size
- Time
- Space
- Content
- Materials
- Price

# Considerations

- Who is your audience?
  - community, school, or private groups
- How will you engage them?
  - by advertising to school or community groups (i.e. PTA, neighborhood FB pages, religious institutions)
  - partnering with health care or local family resources (YMCA, Boy's & Girl's Clubs)
  - postcards in retail stores
  - word of mouth

# What I Did

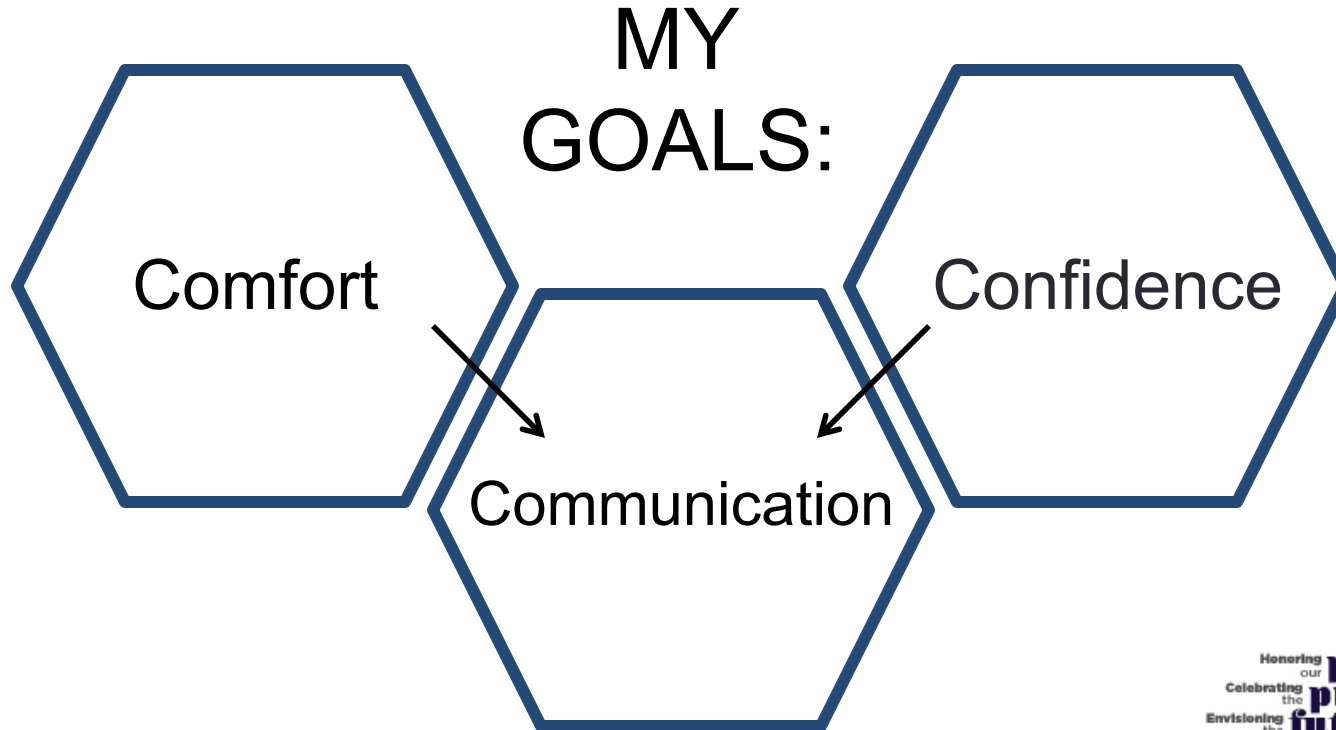
## Disclaimers

Adapt what is useful,  
reject what is useless,  
and add what is  
specifically your own.

-Bruce Lee



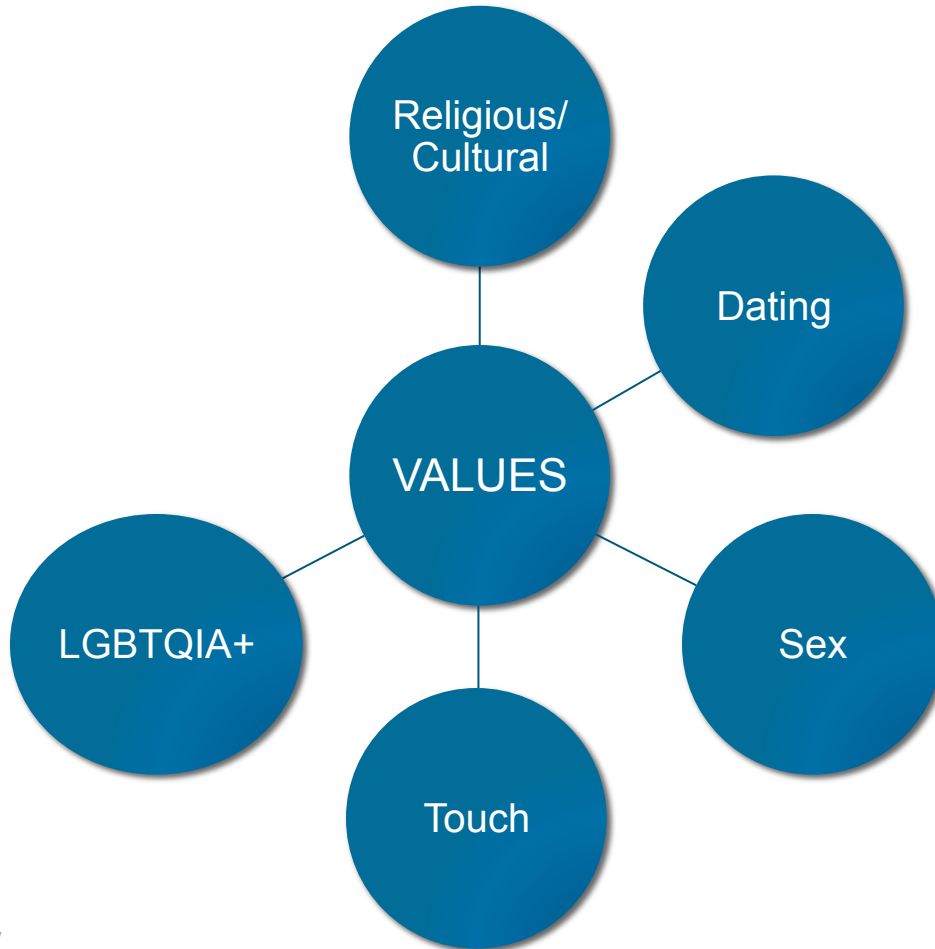
# What I Did



# Comfort

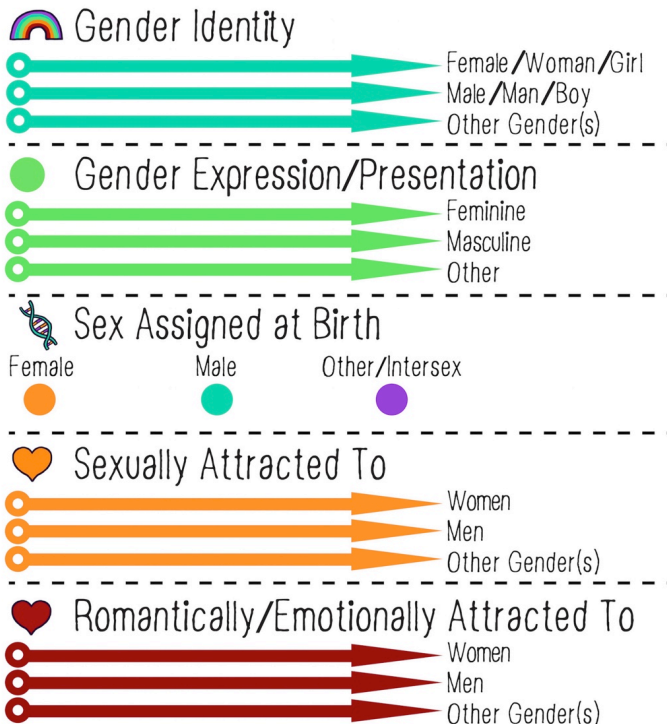
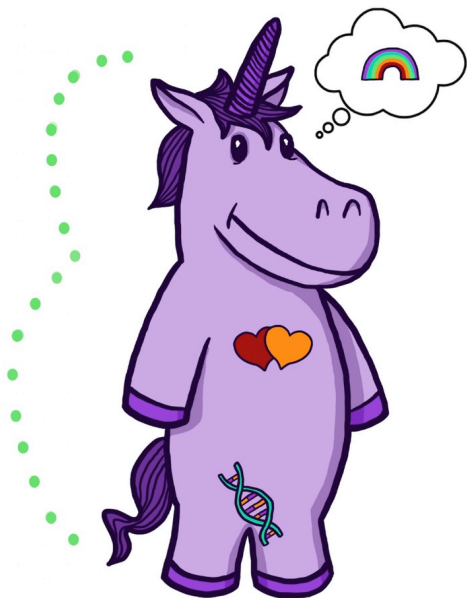
- Small, informal groups
- 2.5 hours
- Focus on
  - Imagining the relationships they want for their kids
  - Values
  - Conversation starters → how, when, and key phrases
  - Modeling

# Values



# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources

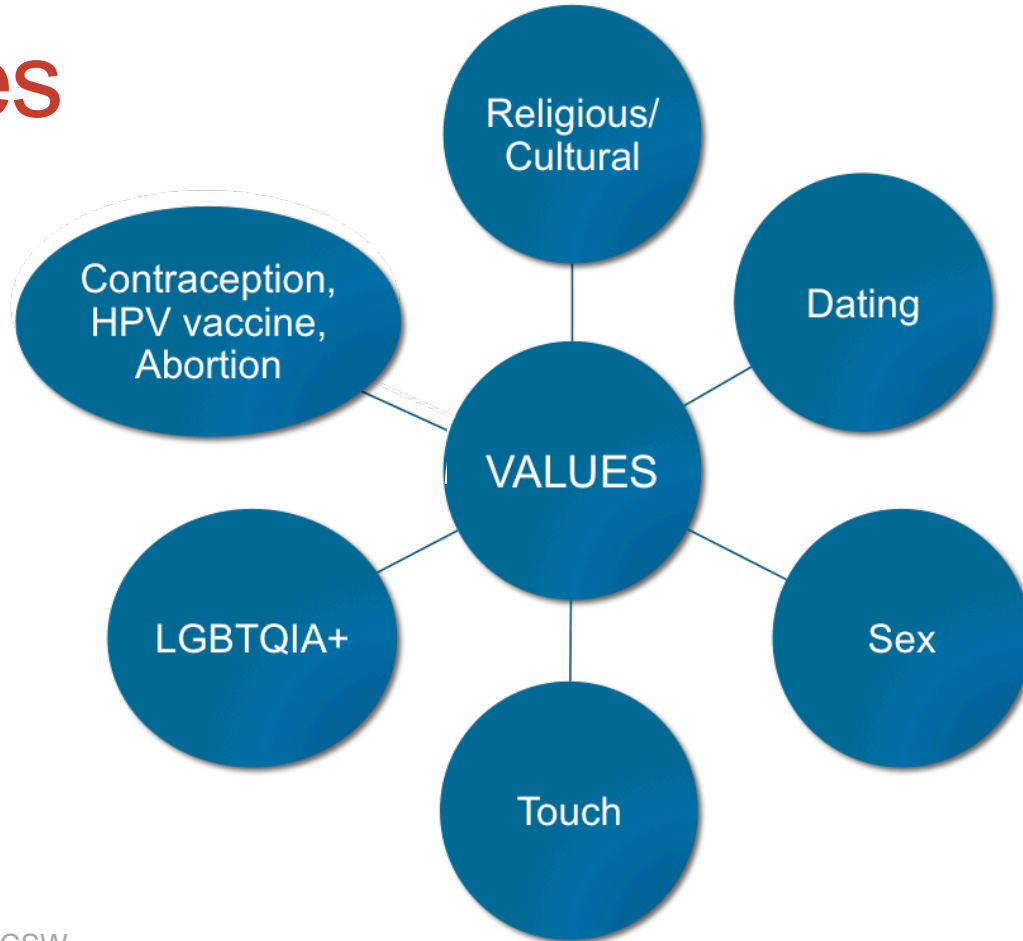


To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan

Megan Torrey-Payne, LCSW

# Values



# Conversation Starters

I've noticed that you have been getting taller the last few months. Let's talk about some of the other ways your body will change in the next few years.

What do you think about what is happening on this show?

Let's talk about...

Have your friends been talking about \_\_\_\_? Let's talk about that.

I heard you use the word \_\_\_\_\_. Do you know what that means?

The dance is next week. What do you think it will be like? Let's talk about how you might handle things.

# Confidence

- Specific concerns
- Communication tips
- Talking points
  - generally adapted from the SIECUS Guidelines for Comprehensive Sexuality Education (Sexuality Information and Education Council of the United States, 2004)
- Books, websites, videos

# Communication Tips

- Start early
- Avoid the “Formal Conversation”
- Pick comfortable times and places
  - Take advantage of the captive audience
  - While doing chores together
  - While watching TV
- Keep it short
- Multiple conversations



# Communication Tips

- Keep an eye on non-verbal communication
- Don't be afraid to give mixed messages
- Joys & Pleasure → connection, reciprocity, giving
- You don't have to be comfortable
- You don't have to know everything

# Talking Points

- Anatomy
- Puberty
- Reproduction & Pregnancy
- Dating & Relationships
- Sexual Behavior & Response
- Peers & Media
- Abstinence & Contraception
- STI's & HIV/AIDS
- Sexual Abuse, Assault, Violence & Harassment
- Legal Issues in Teenage Sexuality

# Talking Points

Ages 8-12, Sample  
Puberty

## Puberty

- Puberty is when a child goes through the physical and emotional changes that leads to them transitioning into teenagers and then adults.
- Puberty begins and ends at different ages for different people and everybody's body changes at it own pace.
- People are able to have children only after the sexual and reproductive systems have matured during puberty:
  - A young man is able to have children when he begins to produce sperm in his testicles.
  - A young woman is able to have children starts when she begins to ovulate and menstruate (Note: This is a good time to discuss pads/tampons/menstrual cups – how they work, where they go).
- Because of increased oils on the skin, acne, and body odor, daily showering and washing your face morning and night become more important.
- Emotional changes because of changes in hormone levels. Children and teens might feel more irritable or sad than before, or experience swings in their mood from happy to sad and back to happy.
- It is common to begin to develop sexual and romantic feelings for

# Talking Points

Ages 12-15, Sample  
Dating & Relationships,

## Dating & Relationships

- Steady dating can begin at age \_\_\_\_\_. Girlfriends/boyfriends should be no more than \_\_\_\_ years older or younger.
- Crushes are a natural part of growing up.
- Breakups are a natural part of being in relationships. Sadness and grief happen. It is ok to feel them. You will get through it.
- Healthy relationships allow both people to continue to have their own lives, their own friendships, and their own goals.
- Healthy relationships respect boundaries, listen to “no”, avoid gossip. They should always include honesty, respect, and caring. Healthy relationships should feel good more often than not.
- Always ask first, “Can I touch/kiss you?”
  - It will not ruin the moment, but can build suspense and be romantic/sexy.
  - If they say no, then say, “Then I’m glad I asked, because I don’t want to do anything that would make you uncomfortable.”

# Sexual Behavior & Response

## Talking Points

Ages 15-18, Sample  
Sexual Behavior &  
Response,

- Most people have sexual feelings and the need for love, affection and touch.
- Arousal is when temporary changes in the body occur when the brain releases hormones in response to input, such as thoughts, feelings, sights, smells, sounds, and touches. This might be in the genitals, in the belly, sensitive nipples, faster breathing and heart beat, or sweaty palms. The penis often gets erection and the vagina often becomes damp or wet (lubrication) during sexual arousal.
- Sex is a full-body experience, not just centered in the genitals. Individuals should become experts on their bodies and what gives them pleasure. They can then talk to their partner about what kinds of touch he or she likes (where, how, types of pressure). It is always ok to ask for what you want. It is always ok to say no.
- Orgasm is a huge rush of pleasure reached through sexual stimulation. For men, this is typically accompanied by ejaculation. Most women need at least some stimulation of the clitoris to reach orgasm. Some women also ejaculate (this can be a small or large amount of clear or whitish fluid from the vagina), although most women orgasm without ejaculation. Orgasm can happen when a person is awake or asleep.
- There should be giving and receiving of pleasure for both

# Voices of Real Parents

It's a more relaxed conversation. No need to shy away from any conversation.

We think of it as a continuing conversation as opposed to a few talks.

Our kids feel very comfortable asking questions and we feel equally comfortable answering them without making a big deal about it.

I'm more educated now!

It was a bonding experience for us.

# Resources

## **For Parents:**

- Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter by Kevin Jennings, 2003
- Raising the Transgender Child by Dr. Michele Angelo & Alisa Bowman, 2016
- Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex by D.M. Roffman, 2001
- Talking to Your Kids About Sex: Turning "The Talk" Into a Conversation for Life by Laura Berman, 2009

## **For Children 3-8**

- Amazing You! By Gail Saltz, 2005
- It's NOT the Stork: A Book About Girls, Boys, Babies, Bodies, Families, and Friends by Robie Harris, 2006
- What Makes a Baby by Cory Silverberg, 2012
- Who Are You? The kid's guide to gender identity by Brook Pessin-Whedbee, 2017

# Resources

## For Children 8-12

- Boy's/Girl's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body by American Medical Association, 2006
- It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Harris & Michael Emberley, 2014 ed.
- Sex is a Funny Word: A Book About Bodies, Feelings and YOU by Cory Silverberg, 2015
- The Period Book: Everything You Don't Want to Ask (But Need to Know) by K & J Gravelle, 2006

## For Teens 12-15

- Asking About Sex & Growing Up: A Question-and-Answer Book for Kids by Joanna Cole, 2009
- Does This Happen To Everyone? A Budding Adult's guide to Puberty by Jan Von Holleben and Antje Helms, 2014
- The "What's Happening to My Body?" Book for Girls/Boys by Lynda Madaras, 2007 ed



# Resources

## **For Teens 12-15 (con't)**

- What's Going on Down There? Answers to Questions Boys Find Hard to Ask by Karen Gravelle, 1998

## **For Teens 15-18**

- Queer: The Ultimate LGBT Guide for Teens by Kathy Belge and Marke Bieschke, 2011
- Sex: An Uncensored Introduction by Nikol Hasler, 2015
- s.e.x. the all-you-need-to-know sexuality guide to get you through your teens and twenties, 2016
- The ABC's of LBGT+ by Ashely Mardell, 2016
- This Book is Gay by James Dawson, 2015
- Where's My Book? A Guide for Transgender and Gender Non-Conforming Youth, Their Parents, & Everyone Else by Linda Gromko, 2015

# Resources

## **For Special Needs**

- Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators by Kate E. Reynolds, 2013
- Things Ellie/Tom Likes: A book about sexuality and masturbation for girls/boys and young women/men with autism and related conditions by Kate E. Reynolds, 2015
- What's Happening to Tom/Ellie: A book about puberty for boys/girls and young men/women with autism and related conditions by Kate E. Reynolds, 2015

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