

3rd grade and younger

BUILDING A CURRICULUM USING SEX ED TO-GO

Sex Ed To-Go doesn't have any online courses for kids this young. But we do have a few recommendations.



CONTENT

- **Start early:** It's never too early to start talking about bodies and boundaries. You can begin with basic stuff like naming body parts correctly. As your kid grows, you can gradually introduce more complex topics.
- **Be honest and open:** Kids are curious, so if they ask questions, answer them honestly. You don't have to give them more info than they're ready for, but being open will build trust and show that they can come to you with their more complicated questions later.
- **Teach consent:** Talk to them about the importance of consent from an early age. Explain that nobody should touch their body parts without permission, and they shouldn't touch others without permission either. This helps them understand boundaries and respect. (Watch your own behavior too. For example, let your child choose whether they want to hug, high-five or just wave a greeting to a family member.)
- **Avoid shame-based language:** Kids notice early when we change our language or tone when talking about certain topics. Try to talk about their penis or vulva in the same way you talk about their nose or elbow, as just a body part with no emotional baggage. Avoid talking about certain body parts as "dirty." It's normal for a child to touch themselves or want to be naked - instead of telling them they are "bad", remind them that those are things we do in private.

- **Use everyday opportunities:** Sometimes, the best conversations happen when you're doing everyday stuff. When you're watching a TV show or a movie, use it as a chance to discuss relationships, feelings, and how people treat each other.

OTHER RESOURCES WE LIKE

- **Amaze Jr.** by Advocates for Youth has a library of short FREE videos (2-5 minutes) for parents of younger kids. They cover your questions like "When should I start?" and "What if my kids don't ask?" plus how to tackle common questions about where babies come from, how they are made and if playing doctor is okay.



- **Planned Parenthood's Parents and Caregivers page** allows you to explore by age and topic area. This site provides tips on how to talk with them in an age-appropriate way about their body, identity, and personal safety, and guidance on what they need to know at this age about social skills, relationships, pregnancy and reproduction, and sex and sexuality.
- **It's So Amazing** is a book covering how babies are made, and how our bodies and our families are the same and different (publisher recommendation is ages 7 and up but some younger kids may benefit also).