



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Reproduction and Staying Healthy

Key Messages for Parents and Caregivers:

- It is helpful for children to learn about anatomy and physiology, conception, pregnancy, contraception, sexually transmitted infections (STIs), so they can care for themselves and make informed decisions about their bodies.
- During puberty, reproductive systems begin to mature, resulting in the beginning of menstruation and ejaculation.
- Sexual activity can provide pleasure, and discussing pleasure is part of consent.
- Whenever penile-vaginal intercourse occurs, it is possible for a pregnancy to occur, and there are ways to have sex without the risk of pregnancy.
- Decisions about having children are based on values, income, age, religious beliefs, and cultural traditions. Parents and caregivers can share their own thoughts and beliefs with their children.
- STIs and HIV can be transmitted through sexual activity and there are ways to prevent transmission. Treatment options are available if someone tests positive for an STI, including HIV.
- Family and friends usually try to help one another, and children may be able to help someone who has a problem – and they can always ask a trusted adult for help as well.
- Children deserve to have access to age-appropriate resources, especially if they are in a position where they need help.

- Children need to develop critical thinking and decision-making skills to help them make informed choices about sexual activity.
- Laws and regulations about abortion vary from state to state.
- A legal abortion is medically very safe.
- People have different beliefs about abortion.

Specific Resources on Reproduction and Staying Healthy for Parents and Caregivers:

- Amaze – Where Do Babies Come From?
<https://amaze.org/video/where-do-babies-come-from/>
- Amaze – Tips for Safer Sex and Pregnancy Prevention
<https://amaze.org/video/pregnancy-reproduction-safer-sex-pregnancy-prevention/#parents>
- Amaze – STIs/STDs & HIV
<https://amaze.org/us/?topic=stds-and-hiv>
- [Parents.com](https://www.parents.com/parenting/better-parenting/how-to-talk-about-reproductive-rights-in-terms-simple-enough-for-a-child-to-understand/) – How to Explain Abortion Rights in Simple Terms for Children
<https://www.parents.com/parenting/better-parenting/how-to-talk-about-reproductive-rights-in-terms-simple-enough-for-a-child-to-understand/>
- Planned Parenthood – How Do I Talk with My Elementary School Aged Child About Pregnancy and Reproduction?
<https://www.plannedparenthood.org/learn/parents/elementary-school/how-do-i-talk-my-elementary-school-aged-child-about-pregnancy-and-reproduction>
- HSE Sexual Health Programme – Making the “Big Talk” Many Small Talks
<https://www.sexualwellbeing.ie/for-parents/making-the-big-talk-many-small-talks-for-parents-of-8-12-year-olds.pdf>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.