



Tips for Parents:

Continue more detailed conversations about topics that can be difficult.

- What to expect and how to cope with the changes of puberty
- Teach kids to have refusal skills in place
- Understanding of how occurs contraception
- Masturbation is common and not associated with long term problems but should be done in private
- Sexual abuse may or may not involve touch; it can involve being exposed to information or images before you are ready to hear, see or think of those things.
- How to maintain safety and personal boundaries when chatting or meeting people online
- Strategize on how to choose quality friends, relationships and fun social experiences
- How to recognize and avoid risky social situations



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Behaviors Related to Sex & Sexuality

5th Grade –
8th Grade



NATURAL & HEALTHY

Asks about sexual materials and information. NATURAL & HEALTHY	Curiosity about relationships and sexual behavior.	Sexual experimentation between adolescents of the same age and gender is common.
Will want clarification on the meaning of sexual words, acts, and personal values particularly with peers.	Asks about decision-making.	Asks about consequences of sexual behavior.
Self-stimulation in private is expected to continue.	Is keenly interested in learning about body changes.	Enjoys bathroom humor

OF CONCERN

Seems distracted or distant at odd times.	Has a sudden change in eating habits: Refuses to eat, Loses or drastically increases appetite, has trouble swallowing.	Sudden mood swings: rage, fear, insecurity or withdrawal.
Leaves "clues" that seem likely to provoke a discussion about sexual issues.	Writes, draws, plays or dreams of sexual or frightening images.	Develops new or unusual fear of certain people or places.
Refuses to talk about a secret shared with an adult or older child.	Talks about a new older friend.	Suddenly has money, toys or other gifts without reason.
Exhibits adult-like sexual behaviors, language, and knowledge.	Thinks of self or body as repulsive, dirty or bad.	Has nightmares or other sleep problems without an explanation.