

TALK SEX TODAY! *This checklist is intended to be a guide for parents to know what to teach their children about sexual health and when.*

PRESCHOOL CHECKLIST (K-Gr.1)

Your preschooler needs to know:

- the three private parts of the body: mouth, breasts, and genitals
- that they have ownership of their bodies (basics of consent)
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus)
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse.
- that the baby grows in the uterus (not the stomach)
- that the baby is usually born through the vagina
- that families are formed in different ways and are all unique
- not to pick up condoms or needles

Bonus points

- basics about gender stereotypes
- basics about periods and wet dreams

PRIMARY CHECKLIST (Gr.2-3)

Your primary child needs to know everything preschoolers need to know, plus:

- the basics about periods and wet dreams as clean and healthy processes

Bonus points

- more about body changes during puberty

INTERMEDIATE CHECKLIST

Your intermediate child needs to know everything the previous age groups have learned, plus:

(Gr. 4-5)

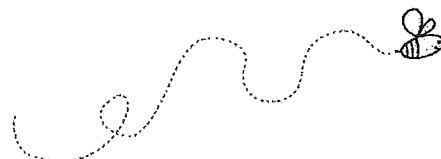
- the responsibilities that come with the decision to be in a sexual relationship
- basic information about sexually transmitted infections (STIs)
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect
- that homophobic language, jokes, and attitudes are unacceptable
- all about physical and emotional changes at puberty
- skills that foster a healthy body image
- basic assertiveness skills
- digital and media literacy
- how to make smart decisions and stay safe on the Internet

Smart decisions start here.

t 604.418.9417

e saleema@saleemanoon.com

w www.saleemanoon.com



(Gr. 6-7)

- smart decision making regarding social media, including discussion of cyberbullying, sexting, and selfies
- how to think critically about pornography
- more about sexual consent in the context of relationships
- how to think critically about gender stereotypes
- what makes for a healthy relationship
- factors to consider when exploring emotional readiness for a sexual relationship
- the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy
- that most teens are not sexually active
- about condoms and emergency contraception (EC) use
- the importance of taking responsibility of one's health (for example, testicular self-examinations)

ADOLESCENT CHECKLIST (Gr. 8-12)

Your adolescent child needs to know everything the previous age groups have learned. They should also know:

- about sexual consent and how to express their boundaries assertively
- how to cope with a break-up
- about the proper use of condoms, oral contraception, and IUDs
- about STI and pregnancy myths
- about the availability of and have access to community sexual health resources
- pregnancy options
- what to expect during a sexual health examination

They should also have:

- a deeper understanding of healthy versus unhealthy relationships
- relationship and sexual decision-making skills, as well as effective communication skills
- safety agreements for going to parties

And they should understand:

- the pressure placed on teens to be sexually active
- their personal sexuality-related values and boundaries
- the impact of our hypersexualized society

WOOD LAKE

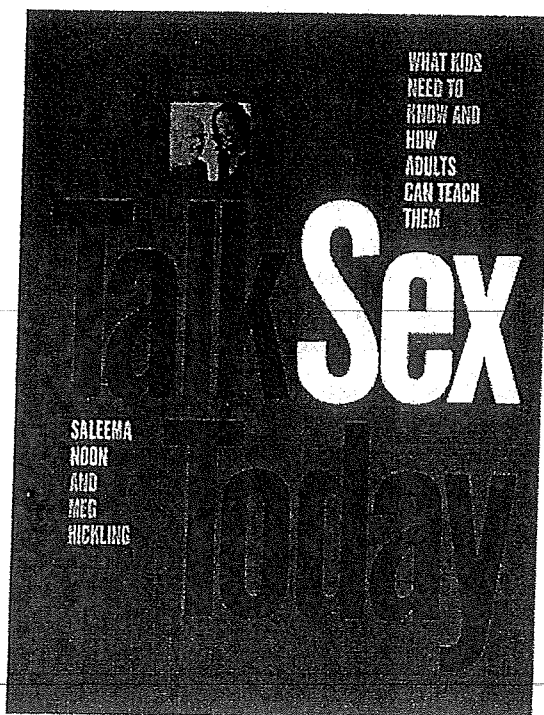
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FOR IMMEDIATE RELEASE

June 2016

Talk Sex Today is the ultimate guide to teaching children and teens about sexual health

Canadian sex expert's new book available Aug. 5



Consent, gender identity and internet safety are just a few of the topics in the daily national dialogue that can leave parents' heads spinning with questions about when and how to talk to their children and teens about sex.

Talk Sex Today – What Kids Need to Know and How Adults Can Teach Them, set to be released Aug. 5, helps provide those answers.

Author Saleema Noon shares practical and current information about these topics with the expertise of a long-time educator and the compassion of a stepparent. The book, which builds on the work of iconic sexual health educator Meg Hickling and her bestselling *Speaking of Sex* books, will ease families into those sensitive conversations in an inclusive, easy-to-comprehend manner.

Talk Sex Today is now available for review, and Saleema Noon is available for interviews about sex and sexual health issues including but not limited to sex ed in the classroom, consent, gender identity, bullying and more.



Saleema Noon, B.A., M.A., O.B.C.

With a Master of Arts degree in sexual health education, Saleema Noon has been teaching for almost 20 years not only in the field of sexual health, but in the areas of assertiveness training, internet safety, healthy relationships, body image and self-esteem. Creator of the popular *iGirl* and *iGuy Empowerment Workshops* for nine-12 year olds, Saleema is respected by the media as an expert and has appeared as a regular guest on CTV, Global, and CityTV. She has also received the prestigious honour of being named to the Order of British Columbia.



Meg Hickling, C.M., O.B.C., LL.D., O.C.

Meg Hickling is a retired registered nurse and an award-winning educator and author who has been instilling knowledge of sexual health in children and adults for over 30 years. Often volunteering her time, she is British Columbia's leading advocate in educating children about human reproduction. Meg believes that knowledge brings about empowerment. She is also a Member of the Order of BC and the Order of Canada.

Wow! This book surpassed all my expectations...Saleema has such a gift for delivering material many of us – including myself – find awkward in a humorous, accessible and thoughtful way. Covering everything from the scientific facts to gender identity to internet exposure and so much more. I truly believe this is the only book parents will ever need to educate themselves and their kids on sexual health.

– Cea Sunrise Person, bestselling author of *North of Normal*

This book is teeming with valuable information about sexual health (or body science as the author calls it). The book lays out a general curriculum for appropriate information about sexuality for different ages. It includes sections on kids with special needs, managing the internet, sexualized violence and other important topics. It's an easy read and one that would be helpful for parents, teachers and others who wish to learn how to talk about sex with young people.

– Dr. Farah Shroff, Faculty Member,
Department of Family Practice and School of
Population and Public Health at UBC

Family/Health/Parenting

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For author interviews or review copies, contact:

Samantha Michaels, Publicity

WOOD LAKE PUBLISHING

485 Beaver Lake Road, Kelowna BC V4V 1S5

Phone: 1.800.663.2775

Email: publicity@woodlake.com

SEX TALK? NO SWEAT.

Tips for Parents:

- Ditch the baby talk: no more pee-pee, wormy, dinky, wieners or boobies. Use scientific names for body parts. Children need to learn appropriate vocabulary for their safety.
 - Think of teaching your child about sexual health not as "The Talk", but as an ongoing conversation. Have lots of talks, even a two minute conversation is valuable.
 - Take advantage of teachable moments. Explain what those monkeys at the zoo are *really* doing. Tell the truth about relevant family situations (No, Uncle Bryan and Uncle Steve aren't just roommates).
 - Use books and Apps created to help parents just like you. They're lighthearted and fun, they keep children engaged, and they say all the hard stuff for you. Do it before bed, they'll do anything to keep you from turning off the light and walking out the door!
 - Tell your child a bit more than you think, a bit sooner than you think. The key is to stay ahead of the game with accurate information so your child will think critically about what they see and hear in their sexualized world. Plus, they'll know they can go to you if they have any questions.
 - Give body science information before they ask. Some children never ask questions about their bodies, but still need to be educated and protected
 - Remember that you can't tell a child too much. Anything that isn't relevant, interesting or on their radar yet will just go over their head. Trust me on that.
 - Don't panic when your child asks a question and you have no clue how to respond. Stay cool, congratulate them for asking such a great question and explain that you need some time to think about a scientific answer. Get back to them after dinner or before bed (or when you get out of the grocery store or when your guests leave...). Call me if you need to, we'll come up with something good! And if you hate the answer you gave, there's always a chance for a re-do.
 - Remember, questions are the most natural opportunity to provide life-saving information. And if your child didn't trust you as a credible source of information, they would ask their friend's older brother. Go you!
 - Say "penis goes into the vagina to deliver sperm to the egg" over and over again while you empty the dishwasher (in your head, probably). If you can master a few key words or phrases, I promise answering your child's questions will be way less stressful.
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- Lighten up. Don't take yourself too seriously and enjoy the funny use of words, mispronunciations and questions. I see many entertaining and invaluable conversations in your future!

RESOURCE LIST

BOOKS FOR PARENTS

Talk Sex Today. By Saleema Noon and Meg Hickling, published by Wood Lake.

Queen Bees and Wannabes. By Rosalind Wiseman, published by Three Rivers Press.

Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex. By Dr. Karen Rayne, published by Impetus Books.

Talking to Your Kids About Sex. By Dr. Laura Berman, published by DK.

Helping Your Sexually Abused Child. By Louise Doyle and Peta Hammersley, published by Act II Society, Vancouver, B.C.

BOOKS FOR PRESCHOOL AND PRIMARY CHILDREN

Boys, Girls and Body Science. By Meg Hickling, published by Harbor Publishing.

The Very Touching Book. By Jan Hindman, published by Alex Andria Association.

What's the Big Secret? Talking about sex with girls and boys. By Laurie and Marc Brown, published by Little.

Where Did I Come From? and *What's Happening To Me?* By Peter Mayle, published by Lyle Stuart (also available on DVD).

Sex is a Funny Word. By Cory Silverberg, published by Seven Stories Press.

What Makes a Baby? By Cory Silverberg, published by Triangle Square.

BOOKS FOR CHILDREN IN PUBERTY

The Care and Keeping of You and other American Girl Series for girls aged 8 and up. These books offer valuable support and guidance on a range of emotional and academic issues associated with growing up.

The Body Book for Boys. By Grace Norwich, published by Scholastic.

The Boy's Body Book: Everything You Need to Know for Growing Up You. By Kelli Dunham, published by Applesauce Press.

It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health and It's Amazing! By Robie H. Harris, published by Candlewick Press.

Puberty Boy. By Geoff Price, published by Allen and Unwin.

Puberty Girl. By Shushann Movsessian, published by Allen and Unwin.

Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem. By L. Raphael and G. Kaufman, published by Free Spirit.

What's Happening To Me? By Peter Mayle, published by Lyle Stuart.

What's Happening to Me? One book for boys, one book for girls. Published by Usborne Books. www.usborne.com

All Made Up: A Girl's Guide to Seeing Through Celebrity Hype and Celebrating Real Beauty. By Audrey D. Brashich, published by Walker.

MAGAZINES FOR GIRLS

Discovery Girls, ages 8 and up www.discoverygirls.com

American Girl, ages 7 and up www.americangirl.com

New Moon, ages 8 and up, www.newmoon.org

Vervegirl, ages 13 and up, www.vervegirl.com

BOOKS FOR TEENS

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College. By Heather Corinna, published by Da Capo Press.

The Guy Book: A User's Manual. By Mavis Jukes, published by Crown Books for Young Readers.

Changing Bodies, Changing Lives: A Book For Teens on Sex and Relationships. By Ruth Bell, published by Random House.

The New Teenage Body Book. By Kathy McCoy and Dr. Charles Wibbelsman, published by Simon and Schuster.

BOOKS CELEBRATING DIVERSE FAMILIES

The Different Dragon. By Jennifer Bryan, published by Two Loves Publishing.

While You Were Sleeping. By Stephanie Burks, Little Man Publishing.

Asha's Mums. By Rosamund Elwin and Michell Paulse, published by Women's Press.

Molly's Family. By Nancy Garden, published by Straus and Giroux.

How Would You Feel If You're Dad Was Gay? By Ann Heron and M. Maran, published by Alyson Wonderland.

Making Love Visible: In Celebration of Gay and Lesbian Families. By Jean Swallow, published by The Crossing Press.

INFORMATIVE, FUN, INSPIRING WEBSITES

SEXUAL HEALTH for kids
www.kidshealth.org

SEXUAL HEALTH for parents
www.optbc.org
www.scarleteen.com
www.safehealthyschools.org
www.sexualityandu.ca
www.urbandictionary.com
www.pflagcanada.ca

SEXUAL HEALTH for teens
www.scarleteen.com
www.optbc.org
www.blush.vch.ca
www.makelovenotporn.com
www.sexualityandu.ca
www.wontgetweird.com
www.goaskalice.com
www.lacigreen.tv

EMPOWERMENT

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www.newmoon.org
www.solegirls.org
www.safeteen.ca
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www.beinggirl.com
www.boyslife.com
www.pinkshirtday.ca
www.goodmenproject.com
www.amysmartgirls.com

SAFETY

<http://backgroundchecks.org/cyber-bullying-helping-the-bullied-stopping-the-bullies.html>
www.bullybeware.com
www.mediasmarts.ca
www.common sense media.org
www.safeonline.ca
www.safekidsbc.ca
www.kidshelpphone.ca
www.cyberbullying.ca