

Sex Ed 101

Factsheet by  HEART

In Collaboration with Irene Khan
and the Village Auntie

Comprehensive sex ed is medically-appropriate, evidence-based, and age-appropriate. It covers empowerment for sexual health decision making including abstinence, but also how to prevent sexually transmitted infections (STIs), an overview of reproductive development, and provides language to understand our bodies and to set boundaries.

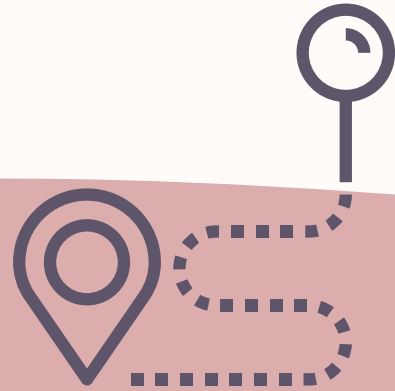
Facts

- ✓ Teaching comprehensive sex ed to youth will ensure safe choices are being made that center their physical, emotional, and spiritual well-being.
- ✓ When young people have the tools to make informed decisions they are more likely to delay sex and make more responsible decisions.
- ✓ Stigmatizing age appropriate conversations on puberty and sex tells young people that their bodies are shameful. Comprehensive sex ed replaces shame with empowerment.
- ✓ Normalizing conversations about sex and sexuality encourages openness, informed decision-making, and healthy relationships.
- ✓ Sex Ed should be taught across the lifespan to respond to the specific needs one may have during the various stages of one's life.

Navigating the Convo w/ Kids

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Comprehensive Sex-Education is necessary at all ages! Though the conversation and topics may vary by age, here are some tips that can be applicable to most situations.



Navigating the Conversation

- ✓ Maintain an open and safe environment for dialogue and discussion.
- ✓ If you feel like your child or partner needs time to process something difficult, you can ask questions like, “Do you want to revisit this conversation?”
- ✓ Recognize that honest dialogue can feel risky, so be prepared to ask for space when you need it.
- ✓ When thinking of age appropriate information to share, think ahead as to what might be on the horizon for their experiences.

Sex Ed Across the Lifespan

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Comprehensive Sex-Education is necessary at all ages! Here is what we feel may be covered at different stages of one's life based on exposure and life experiences. These suggested topics may correlate more to the life stage than a person's physical age and can serve as a general guide for what to seek information about.

Life Stages



Infant/Toddler: Names of body parts, good touch/bad touch, how to clean one's private areas.



Preschoolers: Respecting space and boundaries, saying no, responding to the curiosity around how babies are made.



Elementary School: Puberty, gender roles, gender identity, reproduction.



Preteen: Hormones, body changes, social changes, ghusl and religious rulings around body changes, family values, healthy friendships, dating violence.

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Life Stages



Teenager: Healthy relationships, consent, sexual activity, religious values regarding empowered abstinence, health screenings, STIs, sexual/intimate partner violence.



Early adulthood: Marriage/relationships, sexual health exams and Pap smears, sexual activity, family planning, sexual dysfunction, marital rape/domestic violence, sexual pleasure.



Middle Adulthood: Pregnancy, childbirth, changes in relationships, balancing work and family, fertility & fertility treatments, parenting, postpartum mental health, identity and social changes.



Older Adulthood: Menopause, aging, grief and loss, sex after menopause, preventative screenings for diseases and cancers.