

10 Good Reasons

to start talking early about body science

- Littles are easiest to teach. They're excited to learn about their bodies just like they are to learn about any other kind of science.
- There's no such thing as saying "too much". Anything our kids don't find relevant, interesting or on their radar will just go in one ear and out the other.
- It's not knowledge and awareness but a lack of it (and curiosity) that lead to early sexual experimentation. Kids who learn about healthy bodies and healthy sexuality actually from reliable adults in their lives delay their sexual debut. They are also at reduced risk for sexual abuse.
- Kids need to learn scientific words for body parts so they can accurately describe abusive behaviour to trusted adults in their lives.
- Teaching concepts like consent early increases the chances that they'll practice it, and stay safer and happier, in future relationships.
- If we don't teach our kids, someone else will do it for us. Truth is, they hear more than we think, sooner than we think. So, we need to say more than we think we have to, sooner than we think we have to.
- Staying ahead of the game with scientific information teaches kids to think critically about what they see and hear.
- Talking openly and answering questions honestly establishes us as a reliable source of information. We want them to know from day one where to go for answers to their questions.
- Talking openly about sex and sexuality normalizes the topic in our home. If we start early, our kids will feel comfortable having open conversations as they grow up. This becomes especially important when they become teenagers and talk like they know everything but, really, they don't.

