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**UNIT:** Prenatal Development

**LESSON:** Teaching Children the Facts of Life

**TIME:** 1-2 days

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**COMPETENCIES:**

1. Students will identify the reasons for teaching sexuality to children. (Option 2)
  2. Students will explain the importance of honesty and accuracy in teaching children about the reproductive process. (Option 3)
  3. Students will list guidelines for teaching children about sexuality. (Option 4)
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**OVERVIEW/SUMMARY:**

In order for young people to feel comfortable and at ease when talking to their parents, the parents must feel comfortable and at ease talking to their children. Many parents/adults lack information about sexuality and do not teach their children this important information. Today we will talk about how you, as future parents can prepare yourself to talk to your children about this important subject. Remember, you can teach your children the correct information or they will learn it from another source, but it may not be correct. It is very important that children get correct information concerning this subject.

**TEACHER NOTE:** The purpose of this discussion is to help teens, before they are parents, gain an understanding of how they can teach their future children about this important topic. This discussion is also a good icebreaker to teach the class about the correct names and functions of the reproductive organs.

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**MOTIVATOR:**

Write the following on the chalkboard:

FACTS OF LIFE

WHY?      WHAT?      WHEN?      WHERE?

Ask students to think back to the times someone told them about the facts of life. Select one of the questions listed on the board and share with the class what your first talk was like. For example: **WHERE?** I asked my mom where babies came from. She asked me where I thought they came from. I said the hospital. She said, "Yes, babies come from the hospital. Is there anything else you'd like to know?" I said, "Nope." I didn't want to know very much information, just the answer to that question.

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**LESSON OPTIONS/SUPPLIES:**

**NOTE TO TEACHERS:** Please adapt examples from your own experiences to help you feel comfortable with the steps and guidelines listed below. This lesson is taught to the students as if they were parents. It deals with how to teach someone else about the facts of life.

**OPTION 1**

**JOURNAL ENTRY:** The day I learned about the facts of life . . .

**OPTION 2--Competency 1**

**REASONS FOR TEACHING SEXUALITY:** Review the list of reasons for teaching sexuality to children. Encourage student comments and discussion. See teacher information.

**OPTION 3--Competency 2**

**ACCURACY AND HONESTY:** When teaching sexuality, there are two principles that must be observed: **ACCURACY AND HONESTY.**

Do you remember when you first learned about the sexual differences between boys and girls? (Share your personal experience.) Remember, most parents have not asked students these questions. It is normal for them to laugh or act embarrassed. Some examples may be:

When they had a new baby come into their home.

When they were in grade school and had "the talk." How did they feel about it? Was it new information to them or were they already familiar with what was going on?

When they saw a picture in a magazine or on an advertisement?

Do you remember talking with your parents about the sexual differences between boys and girls? Were your parents uncomfortable? Did they want to put off the discussion until a later date? Did they act like the topic was nasty or unacceptable?

Would you like to have your children ask you the questions you are uncomfortable asking your parents? Would you like a more open relationship with your children than you have with your parents?

**OPTION 4--Competency 3**

**GUIDELINES FOR TEACHING CHILDREN ABOUT SEXUALITY:** Review the guidelines for teaching children about sexuality.