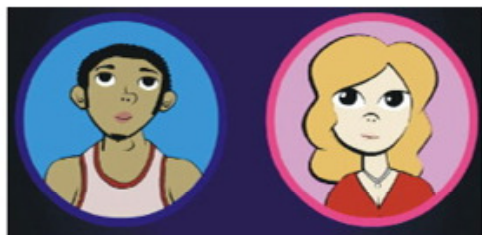


PLANNED PARENTHOOD® GULF COAST

SEX-ED-101 (for parents)

This page, using materials developed by the University of Texas Prevention Research Center (Susan Tortolero - Principal Investigator), is designed to help you get the conversation about sexuality started and keep it going. We live in a world where sex is all around us. Our children see it on TV, in movies and magazines, and hear it in music. Despite all of this, our children do not receive a lot of accurate information about sexuality. Teaching our children about sexuality is very important. However it's not always easy to talk about. You want to have an open, honest relationship with your children; you want to trust them, but how? We are here to help you overcome your anxiety about talking with your children about sexuality.

HOW DO I TALK WITH MY CHILD ABOUT THEIR BODY?



PART ONE This interactive lesson about puberty and reproductive anatomy gives you the opportunity to sit down with your child and discuss what changes occur as they grow older, what their reproductive anatomy looks like and how it works. ([see video](#))

PART TWO These interactive lessons teach about menstruation, ovulation and reproduction. They explain how menstruation and ovulation work and how a pregnancy occurs. ([see video](#))

WHEN DO TEENS NEED TO VISIT A REPRODUCTIVE HEALTH CENTER?

The American College of Obstetricians and Gynecologists (ACOG) recommends that teenage girls first visit a reproductive health care provider between the ages of 13 and 15. This visit will help teens develop a relationship with their provider before they need to seek care. It is also an ideal opportunity to focus on screening and prevention. A Pap test is recommended three years after vaginal intercourse OR before age 21. Visiting a reproductive health center for the first time can be a scary experience if you don't know what to expect. Sometimes teens come to their parents when its too late. Watch the following videos to help spark conversation and to help your child understand what the process is

The Reel World series is an alternative to the media that our children are usually exposed to.

THE REEL WORLD VIDEOS

These videos show examples of positive adolescent relationships. Use the videos to talk with your children about healthy relationships.

SHANNON AND MANUEL Manuel finally asks Shannon out. Her friend Danielle is concerned. *Was she right to be worried?*

- Shannon finally gets Manuel [video](#)
- What else does she get? [video](#)

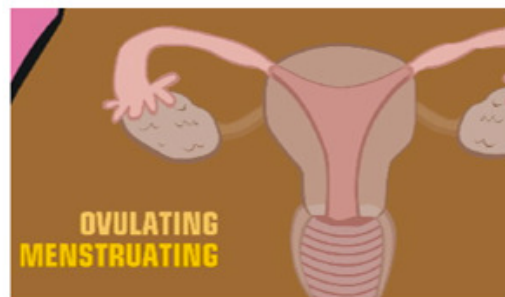
EDDIE AND DANIELLE Danielle wants romance. Is Eddie the one? *Will they take their relationship too far?*

- Making cookies and making out [video](#)
- She doesn't wanna and he's cool with it [video](#)

FACT SHEETS

The following information is designed to help you get and keep the conversation started about these issues.

MENSTRUATION



- What's a "Normal" Period? [read more](#)
- Keeping it covered [read more](#)
- Period Plotting [read more](#)

PREGNANCY TESTING

menstruation, ovulation and reproduction. They explain how menstruation and ovulation work and how a pregnancy occurs. ([see video](#))

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VISITING PLANNED PARENTHOOD

PART ONE This video follows two teenage girls as they make the decision to visit a reproductive health center for the first time. ([see video](#))

PART TWO Review the steps to visiting Planned Parenthood. ([see video](#)) and take a look at the [Parental Consent information](#).

HOW DO I TALK WITH MY CHILD ABOUT CONDOMS?

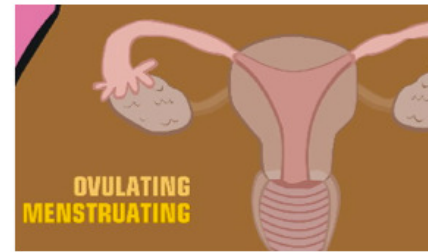
Part 1 A: Play an interactive game designed to teach proper condom usage. ([play game](#))

DO YOU REMEMBER WHAT TO DO?

Part 1 B: Review the steps you learned to using condoms correctly. ([review and remember](#))

Part 2 A: Watch what can go wrong when using condoms. ([Marvin video](#))

Part 2 B: Find out what teens really think about using condoms. ([see video](#))

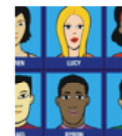


- What's a "Normal" Period? [read more](#)
- Keeping it covered [read more](#)
- Period Plotting [read more](#)

PREGNANCY TESTING

- Pregnancy testing 101 [read more](#)
- Pregnancy testing mechanics [read more](#)

Learn about [Birth Control](#)



what do

you **KNOW**

about **HIV?**

How easy can it spread? [play the partner game](#).

STD FACTS

- Itchies and Scratchies? [read more](#)
- Oral sex IS sex [read more](#)
- Treating STDs [read more](#)
- Why get tested? [read more](#)
- Did you know? [read more](#)
- Protect Yourself [read more](#)

TATTOOING AND PIERCING



- Body Art [read more](#)
- Infection Section [read more](#)
- Keeping it safe [read more](#)



QUESTIONS?
Ask April, our
on site sExpert!

Another great tool to help you be a great parent - take a look at HealthLeader, at <http://www.healthleader.uthouston.edu>/Great stories on "Girl Bullies", family relationships and more.

Give us feedback about these pages~ They can change. What is helpful? Something you don't like (and why)? Were you hoping for