

Talking to Kids about Sex & Sexuality Quick Reference

Where do babies come from?

A mommy has a uterus inside her belly, where the baby grows until he or she is ready to be born.

How does the baby get out?

When the baby is finished growing inside the mommy's uterus (inside her belly), the baby comes out of the mommy's vagina (*or by c-section—the doctor makes a “cut” in the mommy's belly and takes the baby out.)

How does the baby get into the mommy's belly?

A tiny organism inside the dad called a sperm joins together with a tiny organism inside the mom called an egg. When the egg and sperm join together the beginnings of a baby are made.

How do two women have a baby together?

When two women want to have a baby together, they can choose which woman will carry the baby in her uterus, but they will need sperm donated by a man. A doctor will then take the sperm donated by a man and inseminate (put it inside) the vagina of one of the women to join together with the woman's egg to make a baby.

How do two men have a baby together?

When two men want to have a baby together, they have the sperm they need from either man, but they don't have an egg. They will need an egg donated by a woman, and usually, a separate woman who is willing to grow the baby in her uterus to help them have a baby.

How does a woman have a baby on her own?

Sometimes a woman wants to have a baby, but she doesn't have a partner she wants to have a baby with, so she asks a doctor to inseminate (put inside her uterus) sperm that has been donated by a man, so that she can become a mom.

An age accessible explanation of intercourse

A man's penis and a woman's vagina are designed to fit together like pieces of a puzzle. When the penis and vagina fit together (like a puzzle), the man's sperm (the tiny organisms that help make a baby swim out of the hole in the tip of the penis, and into the woman's vagina, looking for her egg. When the sperm and egg join together, the beginnings of a baby is made.

When a man and woman have trouble conceiving:

Sometimes a man and a woman have been trying to make a baby for a long time and they need some help. Sometimes they will take eggs from the woman's body and sperm from the man's body and join them together in a doctor's office/laboratory. Then they can put the embryo (egg and sperm joined together) into the woman's uterus, and this helps them to have a baby.

When a man and woman have trouble conceiving:

Sometimes there are reasons why a woman isn't able to grow a baby in her uterus and she can use one of her eggs, or the egg of an egg donor, and a woman called a gestational carrier (or surrogate) can grow the baby in her uterus to help them have a baby.

Do people have sex for reasons other than to make a baby?

Yes. When two adults are sharing their lives with one another they may also want to share their bodies with one another. This can be a way that two grown-ups who share their lives with one another can show love. It's different from the love that parents show their children or the love or friendship that children show each other. This is part of an adult relationship between two people who share their lives with one another.

What is an STD? What's a condom?

An STD or STI is a sexually transmitted disease or a sexually transmitted infection. Just like germs can be passed from one person to another when we cough or sneeze, there are certain germs that are passed from one person to another during sex. A condom is like a doctor's or dentist's glove. It's made out of the material latex or polyurethane and covers the penis the way a doctor's or dentist's glove covers the hand. A condom covers the penis so that semen (which can contain certain germs) from the penis cannot go into the vagina of the other person. A condom also stops fluid from the woman's vagina from going into the hole in the tip of the penis. Condoms can prevent both STDs/STIs and pregnancy.

What are birth control pills?

Birth control pills are a hormonal contraceptive. This means that birth control pills are a medication that changes a woman's menstrual cycle and stops her from releasing an egg from her ovaries each month. If she doesn't release an egg from her ovaries each month, she cannot get pregnant. Birth control pills are about 97-99% effective in preventing pregnancy when they are used correctly. Birth control pills must be taken by the woman at about the same time every single day in order to be effective in preventing pregnancy. Birth control pills (and other hormonal contraceptives like the ring and IUD) will not prevent STDs/STIs.

Enabling restrictions on devices:

Example: iPhone:

Settings> General> Enable Restrictions

When you set up a 4-digit passcode, use a password your child could never guess, but that you will remember, like the last 4-digits of your Social Security or ID number.

From here, you will have the ability to set up restrictions for websites, music, podcasts, TV shows, movies (ratings), books (removing ability to download books for a mature audience), apps, and use of Siri.