

The Sex Drive Week #1

Using Time in the Car to Talk to Your Kids about Sex



Bring up a situation with sexual content that you and your child have seen on TV or in a movie.

Think of your child's favorite show. Is there a child going through puberty? Is someone pregnant? Are characters kissing? Is there implied or explicit sex?

Examples from Modern Family

Ask you 8-9 year old, "Why do you think Luke and Manny always seem to be trying to get girlfriends?" or "Why do you think Manny is so self-conscious about his body?"

Ask your teen, "What do you think about Hayley and Andy hooking up while Andy was engaged to someone else?" or "What do you think about Hayley and Dillon living together in the Dumphey's basement?"

Ask your older adolescent, "What do you think about Phil walking in on Hayley and Dillon in bed?" or "Do you think Andy and Hayley's relationship will work out?" or "Why do they have sexual content in the show, but don't include a reference to condoms or birth control?"

American media is awash in sexual content. TV shows, movies, even commercials provide plenty of material to use as conversation-starters. Learn how your child is processing the things he sees. Address misperceptions and clarify your expectations and hopes for your child. Try to remain calm and matter-of-fact. Stick to the facts, but speak from your heart. Your opinions matter to your children, even though it may not seem like it all the time.

Every family and every child are different. What works for one, may not work for another. Pick a link or two from the list below for more specific information from a variety of sources. Be sure to read **The Rules of the Road** before getting started.

Article	Source
The Rules of The Road	Finger Lakes Sexual Health Coalition
Sex: Talking to Your Child	American Academy of Child and Adolescent Psychology
Talking to Your Child about Sex	American Academy of Pediatrics
Media and Children	American Academy of Pediatrics
Talking about Sex and Puberty	Focus on the Family (Faith-based)
Talking to Kids about Sex and Sexuality	Planned Parenthood
Age by Age Guide to Talking to Kids about Sex	Today's Parent