

# How to use this book

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This handbook will help you find ways to talk with children about sex as a natural part of everyday family life.

1. You are in charge of when and how to use this book. You will have to decide what topics are appropriate, or necessary, for your children; when to explain them; and exactly what words to use. This is a book of suggestions, covering the topics I have been asked about most frequently, or which are most frequently mentioned in current media.
2. The first chapter contains pointers for talking about sexuality. The last three chapters contain suggestions for helping children develop decision making and self protection skills, including use of the net and mobile phones. The other chapters contain background information on various sexual topics, and specific explanations for different age groups.

For quick referencing, find the topic in the Index or the Table of Contents. Turn to the pages listed, and find the age-grouping for your child. Quickly scan the suggested wording for that age and for earlier ages. Either use the suggested words or get ideas for how you prefer to say it.

3. When you have some spare moments, read around in the various chapters, and start thinking how you might like to handle some of those topics. Keep an eye on the media to get an idea of what your children are being exposed to, and find out what the school is teaching about sexuality.