



TALKING ABOUT BODIES AND CONSENT AT EVERY AGE



0-2 Years Old

- Use anatomical names for body parts.
- Describe actions involving their body (e.g., changing diaper or clothes).
- Be a role model for healthy relationships by showing love, conflict resolution, and other positive traits.
- Acknowledge private vs. public behavior during body exploration.

- Continue using accurate body terms and share basic anatomical info naturally (e.g., where babies come from).
- Empower them with body autonomy.
- Instill consent: ask to touch, expect others to ask.
- Differentiate appropriate vs. inappropriate touches and secrets vs. surprises.
- Encourage open communication with you or trusted adults.



3-5 Years Old



6- 8 Years Old

- Anticipate mature questions on bodies, relationships, and consent.
- Foster body positivity/neutrality and self-esteem.
- Support open talks with family/ trusted adults.
- Introduce puberty and share resources.
- Discuss digital safety.
- Reiterate consent and body control.

- As puberty begins, remind them that bodies develop differently and at different times.
- Support positive body view and neutrality.
- Address sexism's impact and empower against stereotypes.
- Maintain digital safety talks and set values/rules.
- Explore in-depth healthy relationships and consent.
- Can begin conversations about safe sex/birth control.



9-12 Years Old



13- 15 Years Old

- Emphasize "no" and mutual consent, explain importance.
- Guide towards healthy relationship traits.
- Share resources for birth control, STI prevention.
- Advocate postponing sexual activity for readiness.
- Sustain digital safety dialogue, avoid inappropriate posts.
- Talk about health, media literacy.

- Encourage relationship talks and inquire about peers.
- Provide reproductive and sexual health resources.
- Address sexting, online safety, dating.
- Explain balanced, trusting relationships.
- Emphasize consent and provide information and resources about relationship violence.
- Foster self-risk assessment and choices.



16-18 Years Old



A STEP AHEAD
— CHATTANOOGA —

astepaheadchattanooga.org 423.265.7837

OTHER RESOURCES

HEALTH & MEDIA LITERACY



Social media can be a great place for teens to get information about health and relationships but there can be misinformation mixed in. Here are some tips for helping your teen figure out what information is accurate & reputable.



Is the speaker a trusted expert?

Do they offer reliable resources?

Do professionals endorse the information?

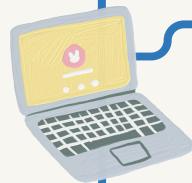
Does the information seem "too good to be true," or is it contradictory to what you already know to be a fact?

Is it a paid promotion?



BOOKS FOR YOUTH

- *Will Ladybug Hug* by Hilary Leung (Age 0-3)
- *No means No!* By Jayneen Sanders (Age 3-9)
- *Let's Talk About Body Boundaries, Consent, and Respect* by Jayneen Sanders (ages 4-10)
- *It's So Amazing! A Book about Eggs, Sperm, Birth, Babies, and Families* by Robie H Harris and Michael Emberley (Age 8-12)
- *The Girls Body Book: Third Edition: Everything You Need to Know for Growing Up YOU* by Kelli Dunham, RN, BSN & Laura Tallardy (Ages 8-12)
- *Guy Stuff: The Body Book for Boys* by Dr. Cara Natterson (Age 9-12)
- *100 Questions You'd Never Ask Your Parents* by Elisabeth Henderson & Nancy Armstrong, M.D. (Age 12-18)
- *Can We Talk About Consent?: A Book About Freedom, Choices, and Agreement* by Justin Hancock (Ages 14-18)



ONLINE RESOURCES FOR PARENTS/GUARDIANS

- amaze.org
- sexpositivefamilies.com
- safesecurekids.org
- iwannaknow.org
- kidshealth.org
- talkwithyourkids.org
- everybodycurious.com
- respectability.org



The views expressed in the books, websites, or other resources listed, which are not produced by A Step Ahead Chattanooga, reflect the views of those authors, and are not necessarily the views of A Step Ahead Chattanooga.