

How to Talk to Your Kids About Reproduction & Pregnancy

It's natural for children to have questions about pregnancy and reproduction. Using age-appropriate key messages and activities can help parents explain and navigate these topics even with young children. It's important for children to understand how pregnancy occurs biologically so they can understand how bodies work. Here are key, age appropriate talking points help provide a basic understanding of how pregnancy and reproduction happens:

Babies need to grow inside a uterus for about nine months before they come out into the world. Even though it looks like they grow inside the tummy, the uterus is a separate part of the body.

People who have sex but do not want to cause a pregnancy can use one of many methods of birth control. When used properly, condoms can prevent pregnancy and sexually transmitted diseases.

For pregnancy to happen, you need three things to connect: an ovum (egg), a sperm, and a uterus." For young children, you can simply say, "Babies are made with bodies." No birds & bees and storks!

Before you choose to have any kind of sex, you can find teen-friendly, medically accurate information at tmi-ga.org or the TMI-Georgia App. Do you have any questions for me now?

It's normal to be curious about sex. Curiosity doesn't necessarily mean, however, someone is ready to have some kind of sex. If you ever have questions, you can always come to me. Do you have any questions for me now?

TIP:

It is important to talk about how pregnancy and reproduction occur. Many parents and caregivers are concerned if they talk about sex or anything else related to sexuality that it will encourage their children to be interested in and have sex earlier than they would have otherwise. A lot of research has found that when parents talk with their kids about sexuality, their kids make better decisions around sex and relationships and tend to wait.

The only 100% sure way of avoiding pregnancy (or sexually transmitted diseases) is to not have any kind of sex with another person. This is called "abstinence." Abstinence is the decision to not do something, or to wait to do it. Most kids your age do not have sex of any kind. Most people do end up having sex at some point in their lives. The most important things are to wait and be as safe as possible when you choose to be sexually active. It's important to make good choices.

