

# What Pre-Teens Should Know About Human Sexuality and When

**(IN ADDITION TO DEVELOPING EARLIER SKILLS)  
9 TO 13-YEAR OLDS SHOULD:**

## **Understand human reproduction, including:**

- Human sexuality as a normal part of life
- The biological components of the reproductive cycle including the probability of pregnancy with unprotected sex
- How male and female bodies grow and differ

## **Understand the uses of contraception:**

- It is possible to plan parenthood
- Having a child is a long-term responsibility, and every child deserves mature, responsible, loving parents

## **Understand the changes they can expect to happen to their bodies before puberty:**

- Range of time normal development begins
- The general changes that bodies go through

- Understand how to be a good friend and how to end a relationship with a friend without anger
- Understand the purposes and consideration of dating, and understand they are not old enough to date
- Recognize ways in which behavior can be interpreted as sexual and how to deal with such interpretation (by 12-13)
- Know how sexually transmitted infections are transmitted and treated
- Have knowledge of the relationships among family members and how families fit into society

