



GCAPP PARENT TOOLKIT:

How to Talk to Your Kids About Reproduction & Pregnancy

It's natural for children to have questions about pregnancy and reproduction, and parents can use age-appropriate language to explain how bodies work.

1. **Young Children:** Keep it simple. For example, babies grow in the uterus, and everybody deserves respect.
2. **School-aged children:** Explain that a sperm and egg join to begin a pregnancy, and that the baby grows inside the uterus.
3. **Older children/teens:** Provide more detail about puberty, fertilization, and responsibility, reinforcing the importance of healthy choices, consent, and respect. Keeping explanations clear, honest, and age-appropriate helps children build a healthy understanding of reproduction.

How Babies Grow

Babies grow inside a special place in the body called the uterus for about nine months before they are born. While it may look like they are in the tummy, the uterus is actually a different part of the body designed just for carrying a baby.

How Pregnancy Begins

For a pregnancy to begin, three things must come together: an egg (ovum), sperm, and a uterus.



For younger children, you can simply say, "Babies are made with bodies," without using confusing stories like birds, bees, or storks.

Curiosity Is Normal

It's normal to feel curious about sex and to have questions. Being curious doesn't mean someone is ready to be sexually active.



If you ever have questions, I am here for you and always open to talking. Do you have any questions for me now?

Preventing Pregnancy and STIs

- The only 100% way to prevent pregnancy or sexually transmitted infections (STIs) is to not have sex. This choice is called abstinence, which means deciding to wait.
- Most kids your age do not have sex, but most people will choose to be sexually active at some point in their lives.
- What matters most is waiting until you're ready, making good decisions, and being safe when that time comes.

BIRTH CONTROL & PROTECTION

People who choose to have sex but do not want a pregnancy can use birth control.

- Many safe methods are available.
- Condoms are the only option that protect against both pregnancy and sexually transmitted infections (STIs) when used correctly.

LEARN MORE

Before deciding to have sex, it's important to learn the facts and make safe, informed choices.

- Find teen-friendly, medically accurate information at tmi-ga.org or on the [TMI Georgia App](#).
- *Do you have any questions for me now?*



TIP:

It is important to talk openly with children about how pregnancy and reproduction work. Many parents and caregivers worry that discussing sex or related topics will encourage children to become sexually active sooner. However, research shows the opposite when parents talk with their kids about sexuality, young people are more likely to make healthier choices about sex and relationships and often wait longer to become sexually active.

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