### Information and Resources

<table>
<thead>
<tr>
<th>Age</th>
<th>Topics</th>
<th>Theme</th>
<th>Resources</th>
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<tbody>
<tr>
<td>Up to 8</td>
<td>Names for body parts &amp; functions, pregnancy, consent, touching, hygiene</td>
<td>“Keeping your body safe and healthy”</td>
<td>It’s Not the Stork by Robie &amp; Harris</td>
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<td>Website: <a href="http://www.amaze.org">www.amaze.org</a></td>
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<tr>
<td>8-11</td>
<td>Puberty, reproduction, beginning sexuality, identity, making good decisions</td>
<td>“Changes and responsibility” “Who am I?” “Social Media and phone safety”</td>
<td>It’s So Amazing by Robie &amp; Harris</td>
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<td>The Gender Unicorn: <a href="http://www.transstudent.org">www.transstudent.org</a></td>
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<td>11-13</td>
<td>Assessing risk &amp; values, safe relationships, identity/sexuality, birth control and condoms</td>
<td>“Making safe decisions” “Beyond the birds and the bees”</td>
<td>It’s So Amazing By Robie and Harris</td>
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<td><a href="http://www.amaze.org">www.amaze.org</a></td>
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<td>14+</td>
<td>Where to go to access birth control and condoms, STI testing, relationship safety</td>
<td>“Risk reduction” “Accessing resources” “Healthy Relationships” “Future planning”</td>
<td>It’s Perfectly Normal by Robie and Harris</td>
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<td>Websites: <a href="http://www.Plannedparenthood.org">www.Plannedparenthood.org</a></td>
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<td><a href="http://www.Loveisrespect.org">www.Loveisrespect.org</a></td>
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<td><a href="http://www.nationwidechildrens.org/bc4teens">www.nationwidechildrens.org/bc4teens</a></td>
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### Contact us:

Sarah S. Saxbe: sarah.saxbe@nationwidechildrens.org  
Angela Abenaim: angela.abenaim@nationwidechildrens.org  
Dr. Elise Berlan: elise.berlan@nationwidechildrens.org
How to Talk to Kids about Relationships and Sexuality

Elise Berlan, MD, MPH
Sarah Saxbe, MS, LISW-S
Angela Abenaim, MS
Beyond ‘The Talk’

Engaging your child in a difficult topic effectively and painlessly… for a lifetime

Sarah Saxbe, MS, LISW-S
Why is Sex Ed Important?

- Can a girl rope a guy?
- How do you know when you have a UTI or STD?
- What are the effects or symptoms of birth control?
- What if he does not respect your body? What do you do?
- When we have sex, how does it happen?
- How do you respect your body the right way?
Yes, these are real!

Because KIDS WANT TO KNOW!!!
ACTUAL quotes!

From teachers: “I want to teach sex ed but I don’t feel like the kids will take it seriously.” “I’m not comfortable teaching sex ed.” “I don’t feel like an expert.” “Our kids are too immature to learn about condoms and birth control.” (8th grade principal)

From teens: “My parents would NEVER talk about sex with me. They just tell me not to do it.” “I learn about sex from my friend’s older brother.” “Boys watch tons of porn.” “All girls send nudes when they start dating boys.” “I got pregnant when I was 13 and I didn’t know how it happened at first.”

From parents: “My kid isn’t sexually active. When she is going to have sex she’ll tell me and I’ll take her to get birth control.” “I would know by now if my kid were gay.” “Can’t you just figure out how to use a condom?” “My kid doesn’t have access to porn.” “I have no idea what kind of sex ed my kid has in school. I assume it’s something..” “I rely on the school to teach sex ed. I’m too nervous to have the talk and my husband won’t do it either.” (Kid is 15)
Quality Sexuality Education*

- Delays risky sexual behavior
- Relationship skills, boundaries, and consent
- Medically accurate
- Gives teens the tools and trust to make the best decisions about their health and their future

*Refers to evidence-based comprehensive education, not abstinence-only-until-marriage programs
The “talk” is a lifetime process!
The “talk” is a lifetime process!

• Listen
• Its never too early, its never too late
• Become an ask-able parent
• Use the everyday life like a book, tv show or the news to spark discussion
• Be careful about judging or punitive actions/threats
• Discuss the good, bad and “gray areas” of sexuality
• The Internet is a major teacher, like it or not!
Talking with Kids Makes a Difference

- Discuss and clarify family values
- Kids and teens who have regular conversations with parents / caregivers about sex and relationships are:
  - More likely to be healthy and safe
  - Less likely to engage in risky sexual behaviors
Ages and Stages: Sexual Health Education

- **K-3:** Proper names for parts, hygiene, consent, appropriate touching, basic reproduction/pregnancy
- **Grades 4-5:** Puberty, identity, beginning sexuality
- **Grades 6-8:** reproduction, STI prevention, gender/sexuality differences, contraception
- **Grades 9-12:** STI types, prevention, and treatment; access to condoms and birth control
Answering questions about Puberty and Sex

• Be cool
• Don’t assume
• “I’m so glad you asked” “Great question” “Sounds like you are curious ______”
• Science-based answers
• Use correct terms
• Answer the question honestly
• “Let me find out and get back to you”
The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore
Contraception 101

Elise D. Berlan, MD, MPH
Associate Professor of Pediatrics
Founder and Director, BC4Teens/Young Women’s Contraceptive Services
Nationwide Children’s and The Ohio State University College of Medicine
What percentage of high school students have had sexual intercourse?

✓ 20.4% 9th graders
✓ 57.3% 12th graders
At last sex…

• 46% **NO** condom
• 71% **NO** birth control pills, patch, shot, ring, implant or IUD
• 91% **NO** dual method
Most commonly used methods among teens

1. Condoms
2. Withdrawal
3. Oral contraceptive pills

Source 2011-2015 NSFG
Image from: http://www.scarleteen.com
HOW WELL DOES BIRTH CONTROL WORK?

Really, really well
- The implant (Nexplanon)
- IUD (Skyyla)
- IUD (Mirena)
- IUD (ParaGard)
- Sterilization, for men and women

Works, hassle-free, for up to...
- 3 years
- 3 years
- 5 years
- 12 years
- Forever

Less than 1 in 100 women

Okay
- The Pill
- The Patch
- The Ring
- The Shot (Depo-Provera)

For it to work best, use it...
- Every week
- Every month
- Every 3 months

6-9 in 100 women, depending on method

Not so well
- Withdrawal
- Diaphragm
- Fertility Awareness
- Condoms, for men and women

For each of these methods to work, you or your partner have to use it every single time you have sex.

12-24 in 100 women, depending on method
Hormonal Contraception

- Safe
- Reversible
- Available by prescription or placed by a clinician
- A healthy girl with no medical problems who is not pregnant is eligible for any method she chooses
- Used for many gynecologic reasons
- Does not increase adolescent sexual activity
Nexplanon®

• A small, thin, **implantable** hormonal contraceptive
• Effective for at least 3 years
• **99.95% effective**
• Inserted under the skin in the inner arm
Hormonal IUDs

- A small flexible *intrauterine* device that releases progestin
- Effective 3 or 5 years depending on type
- More than 99% effective
- No effect on bone density or weight
- **Women may have cramping** and **irregular bleeding** ≤ 6 months
- Many women ovulate
Copper IUD (Paragard®)

- A small flexible hormone-free *intrauterine* device wrapped in copper
- Effective for 10 years
- 99.2% effective
- Most effective emergency contraceptive
- Women may experience heavier menses and increased cramping
Depo Provera

- Progestin hormonal injection given every 11-13 weeks
- 94% effective with typical use
- Main side effects:
  - Irregular bleeding
  - Weight Gain
  - Decreased bone density
Combined hormonal contraceptives

- 91% with typical use
- Adherence is the main problem for adolescents
- Side effects (irregular bleeding, nausea, breast tenderness) are the primary reason for discontinuation (53%)
Emergency Contraception

• “Not abortion pills”
• Options include:
  – Copper IUD
  – Ella by prescription
  – Plan B/Next Choice [AVAILABLE over the counter]
• Take within 5 days unprotected sex, the sooner the better.
• Pregnancy test if no period within 2-4 weeks

https://www.cdc.gov/reproductivehealth/contraception/mmwr/spr/summary.html
Condoms:
All the time, every time, the whole time

- 82% effective with typical use
- Only contraceptive method to also prevent sexually transmitted infections
- Discreet
- Easily available
- Two kinds available, male and internal condom
- Recommended for use by adolescents even if they are on a hormonal contraceptive
Other recommended services

- PAP at age 21
- Routine HPV vaccination
- HIV screening
- For sexually active girls
  - Screen for Chlamydia, Gonorrhea
  - Trichomona screening for some higher risk patients
BC4Teens

• Outpatient teen-centered contraceptive services
• Contraceptive of choice if medically eligible
• **Same day start of IUD and implants**
• Same day appointments available
• STI testing and treatment
• Parent required at first visit
• **614-722-6200 to schedule**
Resources

• BC4Teens [www.nationwidechildrens.org/bc4teens](http://www.nationwidechildrens.org/bc4teens)
• Robie Harris and Boys/Girls Body books
• [www.amaze.org](http://www.amaze.org)
• [www.plannedparenthood.org](http://www.plannedparenthood.org)
• Equitas Health [www.ohiv.org](http://www.ohiv.org) (STI testing, free mail-order condoms and LGBTQ Health Care)
Questions
Thank you!

Elise.Berlan@nationwidechildreens.org
Sarah.Saxbe@nationwidechildreens.org
Angela.Abenaim@nationwidechildreens.org

*No personal medical questions will be answered via email