





# Making goals for my family

Creating a solid foundation of sexual health for our children can seem intimidating when taken as a big project or as “the talk”. Like most big tasks, when it is broken down into smaller pieces, it becomes much more manageable. To help you set goals for building a better foundation for sexual health, we designed this fun download for parents. Here are a few tips for using it:



## • 17.2

Did you know that on average a child only receives 17.2 hours of sexual health education from K-12? For the section 17.2, fill in a portion of the numbers for EVERY conversation you have with your child. Once the numbers are filled in, start filling in the leaves and flowers as your sexual health foundation for your family grows.

## • BOOKS

Read a sexual health book together! I like to put our sexual health books in our bookcase mixed in with Hungry Hungry Caterpillar and Where the Wild Things Are. They are books my children can pull out and read with me or on their own at any time. Visit [KBHconnect.com/books](http://KBHconnect.com/books) to see a list of many of my favorites that you can purchase or find at your local library. Fill in the title of books you read together and make note of anything that you want to remember!

## • HEAD SHOULDERS VUIVA/PENIS

This game is as easy as it sounds! Simply toss in the anatomically correct name for your child's body parts between shoulders and toes! If your child is too old to “play” the game, simply focus on using anatomically correct terms in your home and reviewing them with your child.



## • FAMILY DICTIONARY

It may seem like the definition of these words is obvious, but take a minute to talk about what SEX, PORNOGRAPHY, and CONSENT mean to you and to your family. These definitions may evolve as your children get older and their understanding grows. Remember, this is about planting seeds. Small growth over time.

## • EXIT STRATEGIES

An exit strategy is a pre-developed plan or method created to give our kids confidence in leaving certain situations without fearing repercussions or feeling embarrassment in front of peers. Even young children can learn a “safe” word to use with us when they need help. Create and practice 3 different strategies together as a family. Fill in the top half of the number once you create the strategy and the bottom when you practice it. Learn more on [KBHconnect.com](http://KBHconnect.com)

## • ANSWER A QUESTION

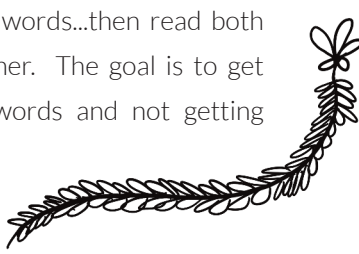
This is an easy one! You get to fill in a section every time you ask or answer a sexual health question. There is a space for notes on any questions you want to go back to.

## • GROCERY LIST CHALLENGE

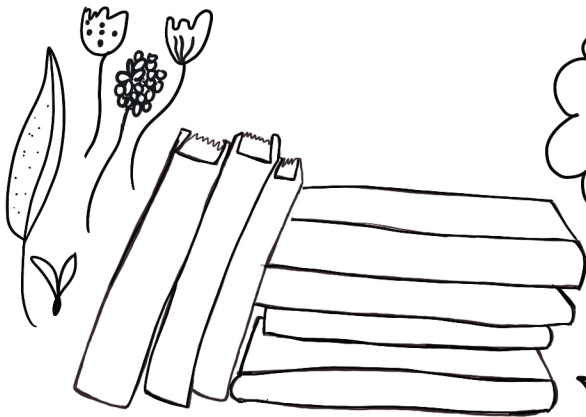
This challenge is to write a list of 5 things you buy at the grocery store and 5 sexual health words...then read both lists in the mirror or to your partner. The goal is to get comfortable using sexual health words and not getting embarrassed saying vagina or penis.

## • FAMILY PASSWORD

A family password is a pre-established phrase or word for situations where you want your kids to know they're safe and can trust a person. Practice with your children situations where the password could be used. For example, “if someone other than your parents tells you that your parents sent them to get you, you ask them for the password!” Explain that this is to keep them healthy and safe. Role play a few scenarios and review the password often.



# PARENTS



PICK 2 BOOKS  
TO EDUCATE YOU

PICK 2 BOOKS  
TO EDUCATE KIDS

TAKE  
NOTE



□  
PRAY  
HEAD  
SHOULDERS  
VULVA/PENIS  
KNEES & TOES



WHAT DO YOU  
THINK ABOUT...

HAVE YOU  
EVER SEEN...

HEY, WHAT  
DO YOUR FRIENDS  
SAY ABOUT...

DISCUSS YOUR  
WORKING DEFINITION OF

- SEX
- PORN
- CONSENT

## EXIT STRATEGIES

Brainstorm 3 clear Phrases & actions  
Kids could use to get out of a situation

DISCUSS  
PRACTICE

ANSWER A QUESTION



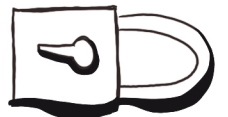
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□ CREATE  
& PRACTICE

YOUR OFFICIAL FAMILY PASSWORD

□ □ □ □ □ □ □ □ □ □



- Apples
- cereal
- penis
- Milk
- Vulva
- Eggs

PLAY THE  
GROCERY  
LIST  
GAME