**Talking to Kids about Sex and Sexuality Quick Reference**

**Ages 2-5**

**Where do babies come from?**

“A mommy has a uterus inside her tummy, where the baby grows until he or she is ready to be born.”

**How does the baby get out?**

“When the baby is finished growing inside the mommy’s uterus (inside her tummy), the baby comes out of the mommy’s vagina.” (\*or by c-section—the doctor makes an incision or “cut” in the mommy’s belly and takes the baby out.)

**How does the baby get into the mommy’s belly?**

“A tiny cell inside the dad called a sperm joins together with a tiny cell inside the mom called an egg, and when that happens a baby is made.”

**Ages 5+**

**Two men having a baby together:**

“If two men want to have a baby together, they have the sperm they need from either man, but they don’t have an egg. They will need an egg donated by a woman and , usually, a separate woman who is willing to be their gestational carrier (surrogate) and grow the baby in her uterus to help them have a baby.”

**Two women having a baby together:**

“If two women want to have a baby together, they can choose which woman will carry the baby in her uterus, but they will need sperm donated by a man. A doctor will then take the sperm donated by a man and inseminate (put it inside) the woman’s uterus to join together with the woman’s egg to make a baby.”

**A single mom having a baby:**

“Sometimes a woman wants to have a baby but she doesn’t have a partner to have a baby with, so she asks a doctor to inseminate (put inside her uterus) sperm that has been donated by a man, so that she can become a mom.”

**Ages 6-8+**

**An age accessible explanation of intercourse**

“A man’s penis and a woman’s vagina are designed to fit together like pieces of a puzzle. When the penis and vagina fit together (like a puzzle), the man’s sperm (the tiny cells that help to make a baby swim out of the hole in the tip of the penis, and into the woman’s vagina, looking for her egg. When the sperm and egg join together, a baby is made.”

**When a man and woman have trouble conceiving:**

“Sometimes a man and a woman have been trying to make a baby for a long time and they need some help. Sometimes they will take eggs from the woman’s body and sperm from the man’s body and join them together in a doctor’s office/laboratory and put the embryo (egg and sperm joined together) into the woman’s uterus, and this helps them to have a baby.”

**When a man and woman have trouble conceiving:**

“Sometimes there are reasons why a woman isn’t able to grow a baby in her uterus and she can use one of her eggs, or the egg of an egg donor, and a woman called a gestational carrier (or surrogate) can grow the baby in her uterus to help her have a baby.”

**Enabling restrictions on devices:**

Example: iPhone:

Settings> General> Enable Restrictions

When you set up a 4-digit passcode, use a password your child could never guess, but that you will remember, like the last 4-digits of your Social Security or ID number.

From here, you will have the ability to set up restrictions for websites, music, podcasts, TV shows, movies (ratings), books (removing ability to download books for a mature audience), apps, and use of Siri.

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