

word search

L	H	A	N	D	C	V	B	U	T	T
E	W	I	P	O	R	E	P	L	E	O
G	H	C	G	A	M	I	K	J	E	E
C	E	E	H	T	L	Z	B	A	T	R
H	L	Y	P	E	V	M	P	W	H	A
E	B	L	E	Y	E	A	R	M	C	R
S	O	H	N	E	C	K	G	S	I	M
T	W	R	I	S	T	S	H	I	N	D
N	A	V	S	G	U	T	H	C	N	S
A	I	T	I	F	O	O	T	A	O	A
I	S	P	H	N	V	M	E	N	S	G
L	T	T	P	I	B	A	C	K	E	C
S	O	X	O	L	G	C	J	L	I	A
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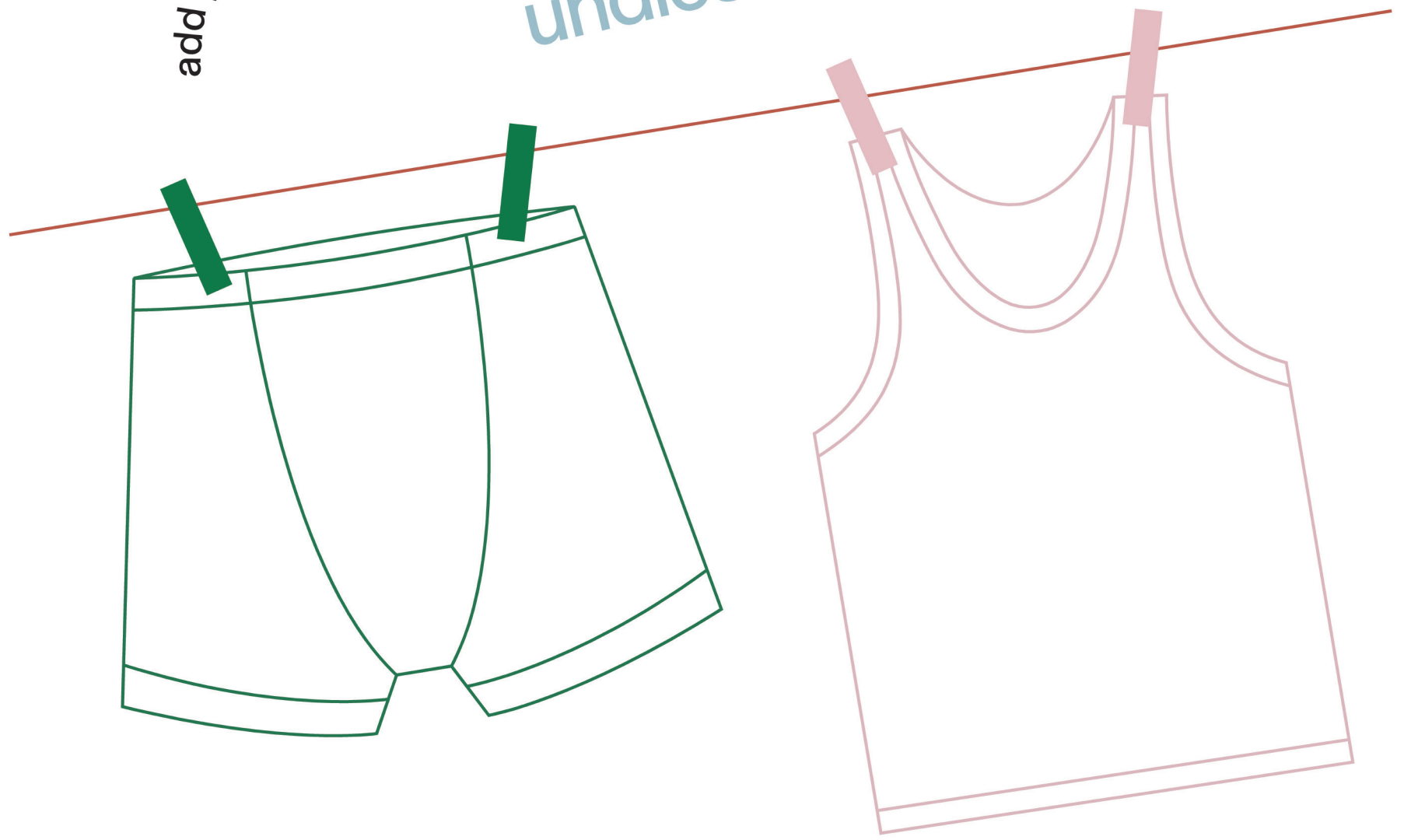
- foot
- neck
- butt
- toe
- back
- nail
- leg
- stomach
- penis
- knee
- teeth
- elbow
- chest
- waist
- hand
- vagina
- ear
- wrist

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a sex, gender and relationship
education resource for children

design & artwork
creech studio

add your own designs to the clothing

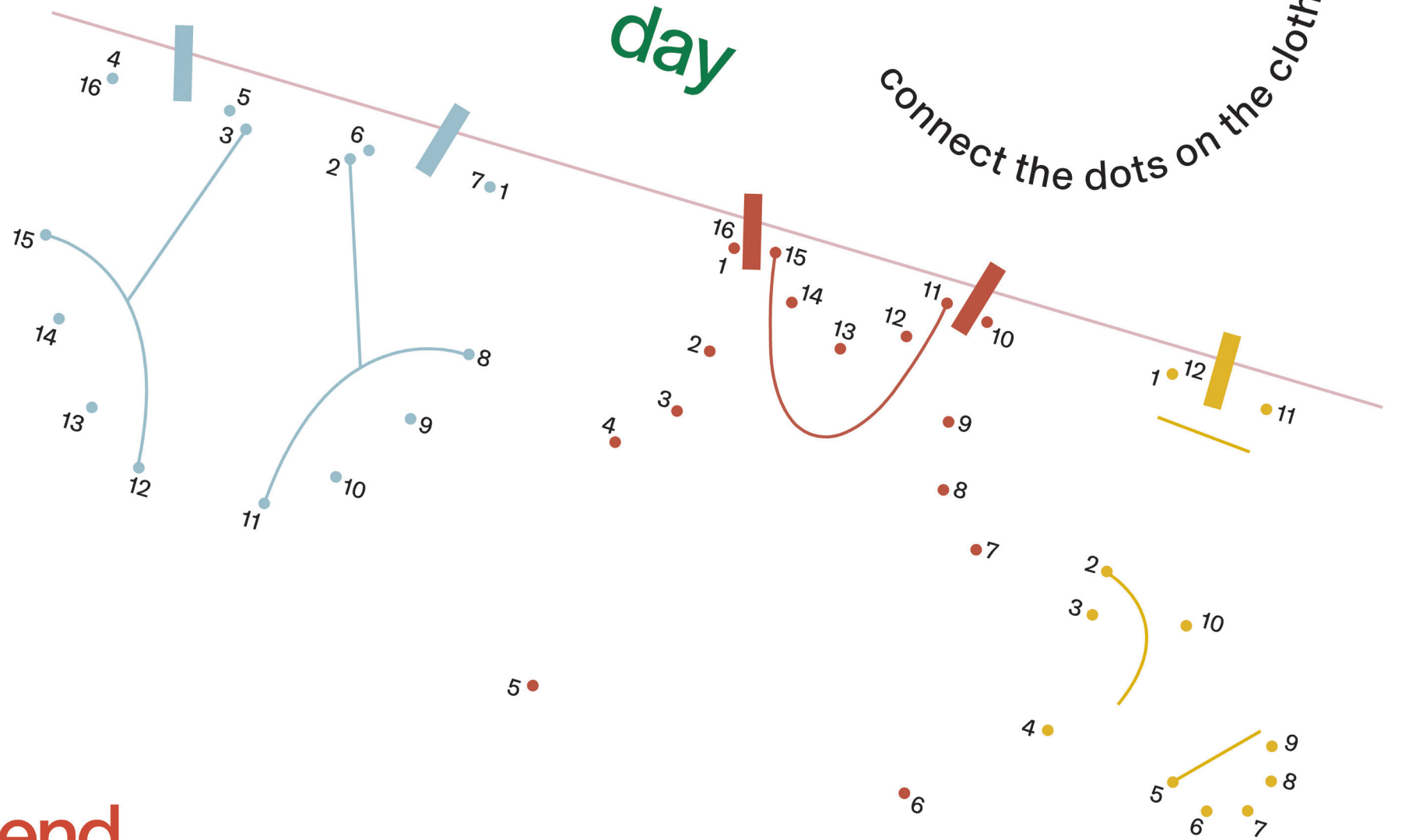
diy undies



for more information about vol.5 the talk,
and our other manuals, please check out
our resources page at oddbody.com

wash day

connect the dots on the clothesline

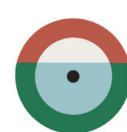
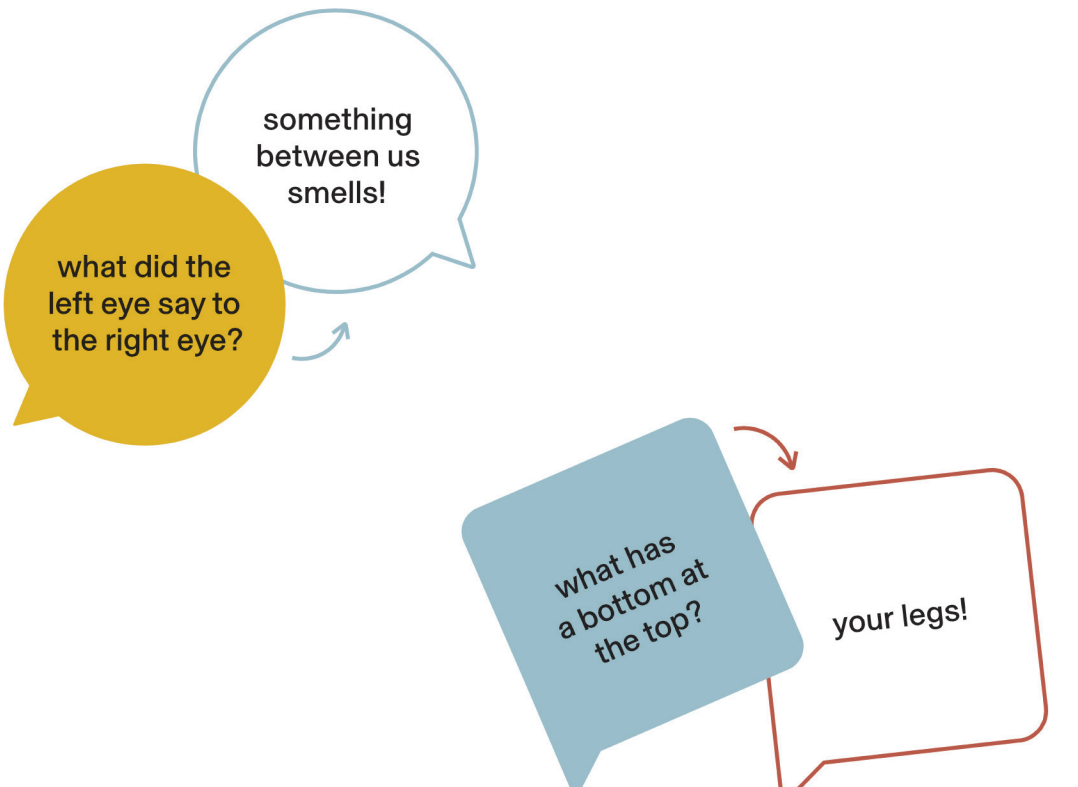
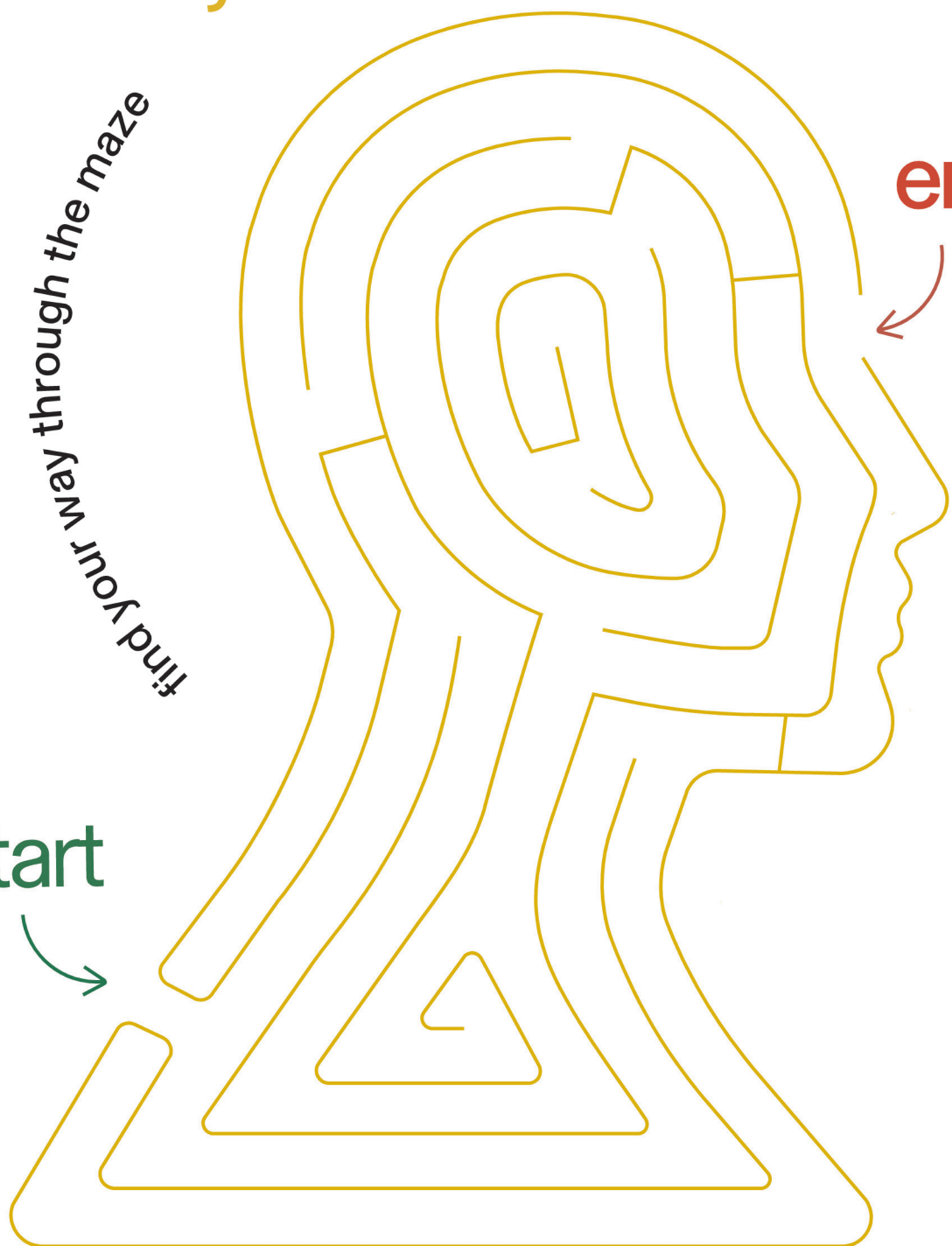


out of your head

find your way through the maze

start

end



introduction

talking to kids about sexuality can feel daunting, it doesn't help that many of us learned about sexuality in a single, brief, awkward conversation—the notorious "talk." the thing is, sexuality is more than just the gonads! sexuality includes sex, sure, but it also includes relationships, gender, body image, intimacy, and reproductive health (the list goes on). if you ask us (and our experts), sexuality is too broad a topic to address in a single conversation. try to reimagine sexuality as many conversations over a lifetime.

we say **scrap THE TALK.**

start with language

anatomically correct language gives us building blocks for conversations down the road, and for those of us who didn't really start learning about sexuality until adulthood, it's a good way to ease into conversations around sex.

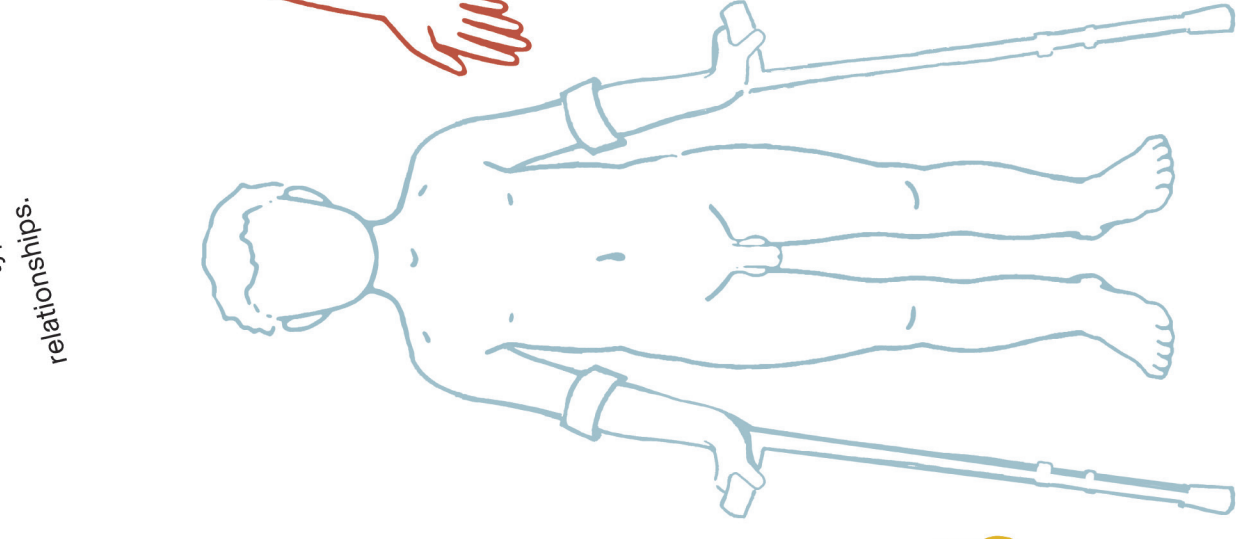
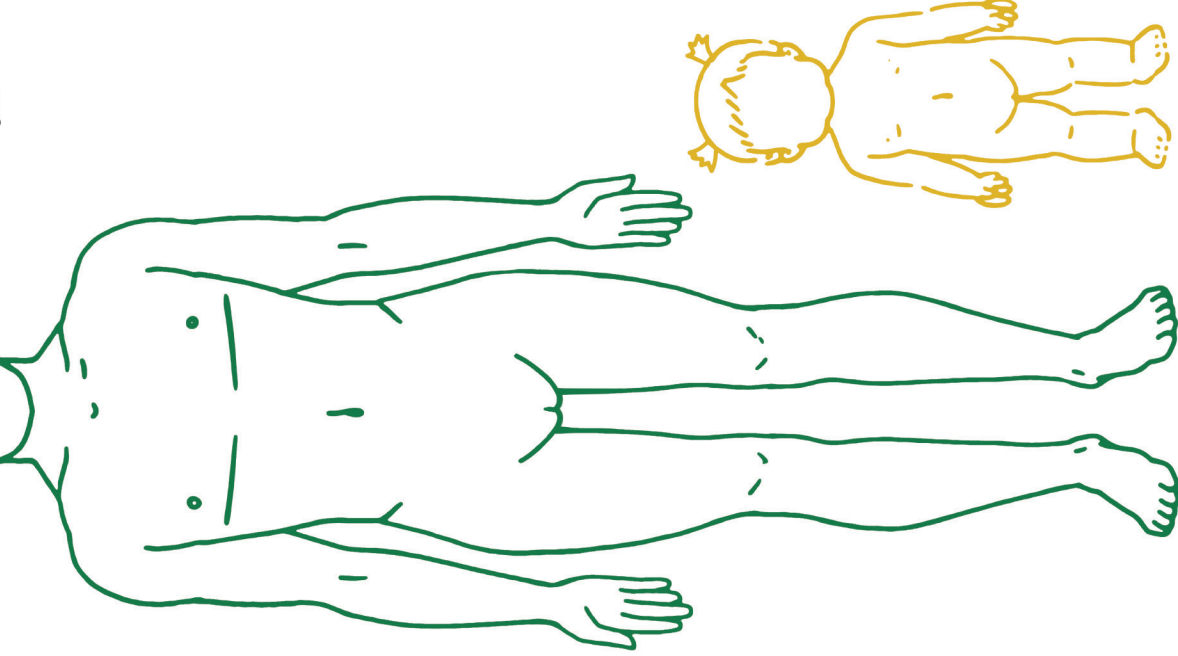
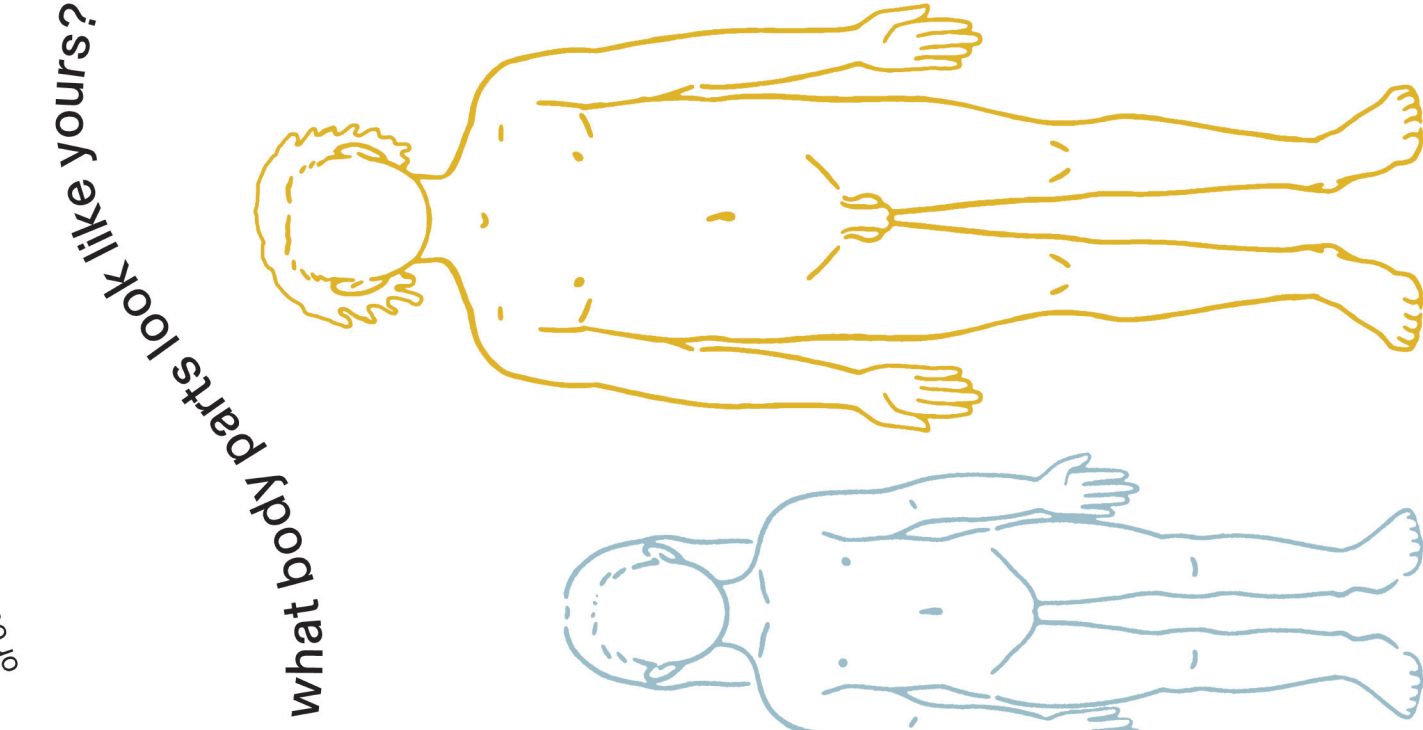
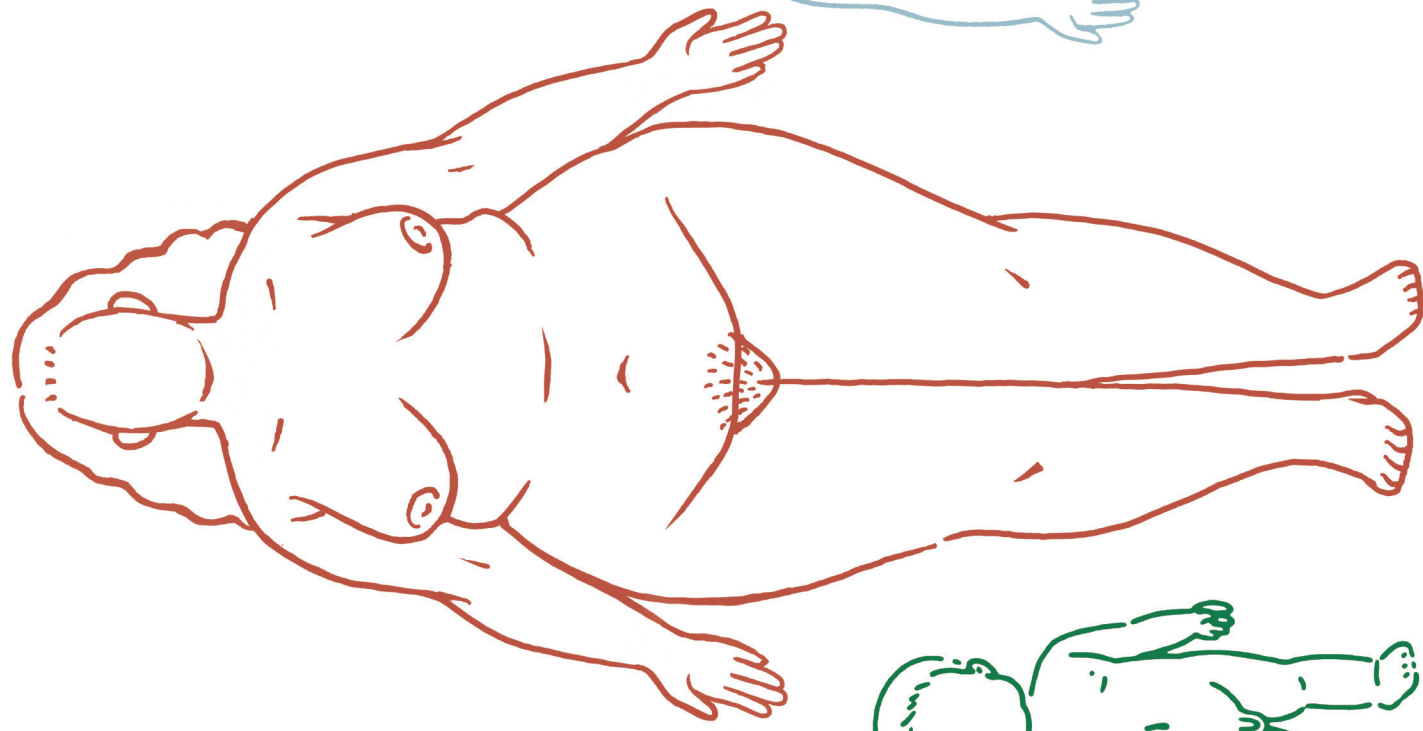
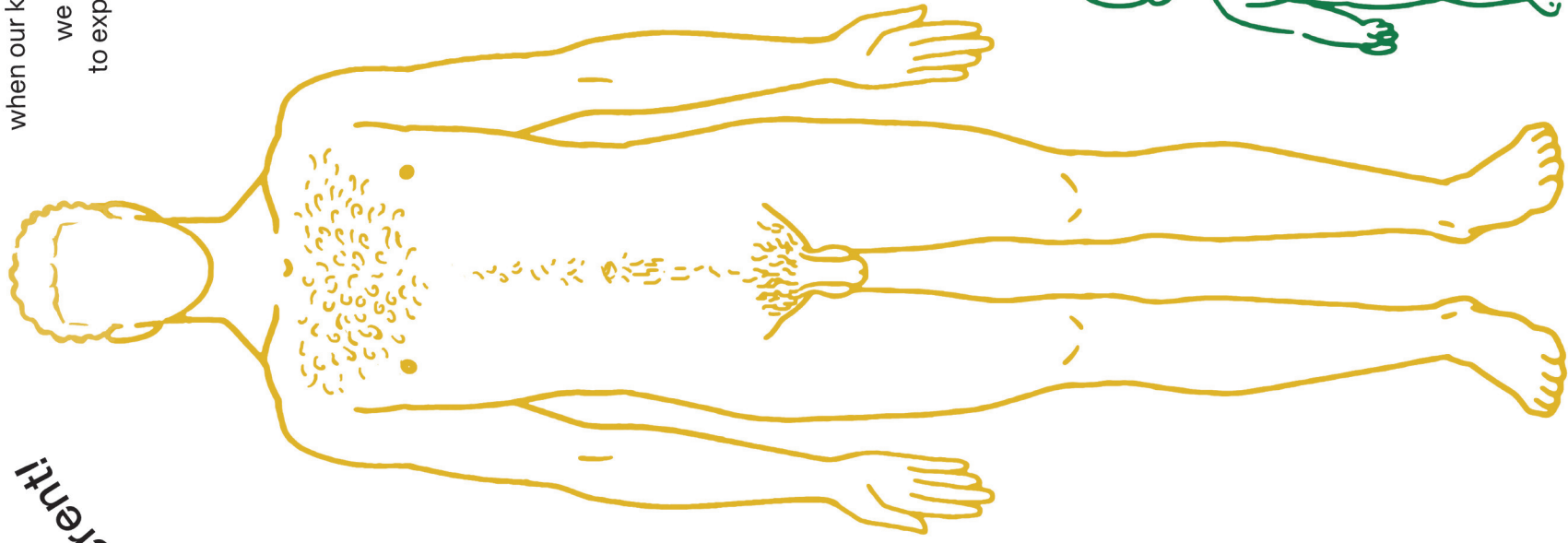
though we may feel that words like vulva, penis, vagina, and testicles are too mature for one-year-olds, the truth is that these words just describe parts of our bodies. normalizing accurate language helps kids feel more comfortable talking about their bodies, and gives them the ability to tell you if something is wrong.

for slightly older kids, remember that their language reflects an ever-evolving world. they might even view concepts like gender and sexuality

through a slightly different lens than us, when our kids introduce us to new ideas,

we can give them space to explore while we learn alongside them.

all bodies are different!



disclaimer
although we do our best to include the most accurate and unbiased information, at the end of the day, ODDOBODY does not provide medical advice. before making any medical decisions in relation to your body, please consult with a professional. please note that no one visual representation will ever be able to fully encompass the world of normal and healthy bodies and that we do our best to be as inclusive as possible.

conversation cheat sheet

the space we create

it's okay if you don't have all the answers—there are books and professionals to help with that—kids really just need a welcoming space to talk.

when kids' questions inevitably arise, it's important to normalize what's going on in their bodies, and to help them feel comfortable sharing without shame or hesitation. remember to clarify what is being asked;

kids often want a specific answer, rather than a broad information overload. reading books or watching shows with your kid are both great opportunities to ask questions and encourage critical thinking. when media representation doesn't get it quite right, ask your child what they think.

questions about who is missing from the narrative, whether consent is given or implied, and how characters communicate can help grow ideas that you've already discussed.

the more a child learns to voice their feelings and desires,

the more at ease they will feel when advocating for themselves

in all sorts of relationships later on, romantic or otherwise.

what body parts look like yours?

toddler (1-2)

+ use the real names for body parts—vulva, penis, vagina, testicles! you can begin before kids are even verbal. by normalizing anatomically accurate language from the start, you give both your kid and yourself time to get comfortable with body talk.

+ start exploring simple ideas of consent as soon as you can! did that person say you could take their toy? do you want to give grandpa a hug, or would you rather wave bye-bye? if you want to play tickle, you can say "stop" and i will immediately stop. we always need permission before we touch someone's body.

pre k (3-4)

+ kids express their sexuality through self-exploration and questions about reproduction. interest is more focused on where babies come from, less about the act of sex itself. this is a great place to shift toward inclusive language. instead of "a mommy and daddy make a baby," we can say "an egg and a sperm need to meet to make a baby," while emphasizing that families can look many different ways.

elementary school (5+)

+ if they haven't already, at around age five kids will quickly become more gender aware. try to disassociate gender from genitalia so that kids can have space to explore and identify themselves. instead of "girls have vulvas and boys have penises," try "a lot of people with bodies that look like yours are girls, but some aren't," or "being a boy, girl, both, or neither is something that people know in their minds and their hearts!"

+ focus on the body, permission to touch oneself, and reinforce acceptance and celebration of one's body. you're truly giving your kid a guide on how to love oneself!

+ conversations can expand to include other concepts around boundaries, consent, different expressions of intimacy, and different types of relationships.

just keep talking

sexuality encompasses a huge range of topics that can seem complicated, especially as we welcome our kids into the conversation. using inclusive language when kids are young is a great start to set them on a path towards confidence and self-acceptance.

as your kid grows up, questions around religion, race, dis/ability and gender will inevitably arise and impact how they relate to others. by encouraging them to express their desires and boundaries early on, we can help our kids learn to forge healthier, safer, and more secure relationships down the line.

what parts look different?

