The Sex Ed Burger Convo

ONE SIMPLE SHAPE FOR ANY SEX ED TALK

Remember, your child is almost never asking what your adult mind just heard.

TOP BUN · VALIDATE + CELEBRATE

"That's a great thing to wonder about." · "I'm so glad you came to me."

LEAD WITH CURIOSITY

"What made you wonder?" · "What do you think it means?"
"I'd like to talk about _____. Have you ever heard anything about that?"

SHARE FACTS & THOUGHTS

Simple, true and sized to their age. Answer only what they asked, then stop.

Ages 3–6 · concrete
Understands what they can see and touch
Medically accurate words, one small fact at a time.

Ages 6–9 · concrete + literal
Takes your words exactly as you say them
How it works, step by step. Clear, simple, straightforward.

Ages 9–12 · literal toward abstraction
Starting to grasp ideas, values and gray areas
Facts, plus the why: feelings, values, relationships.

SOME & OTHER
Builds context and the ability to hold complexity

"Some people believe ___. Other people believe ___. In our family, we believe ___."

CHECK IN & ENCOURAGE

"Does that make sense?" · "Keep going. I'm listening."
"What else are you thinking about?"

BOTTOM BUN · VALIDATE + CELEBRATE AGAIN

"I love that we can talk about this."
"That took courage. Let's be brave together."

DIFFERENT STARTING POINTS

Starting later, with an older child
"We haven't really talked about this stuff, and that's on me. I'd like to start now."

Not sure what to say yet
"Great question. Let me think, and I'll come back to you." You *must* come back.

Your child never asks
You initiate. Same structure. Look to your environment for jumping-off points: a show, a song, a pregnant neighbor. Car rides are great places for a sex ed convo.

See it in action on page 2 →

THE SEX ED BURGER CONVO · SAMPLE

"What is Sex?"

*Same **pattern** every age. The information you share changes with age.*

TOP BUN · VALIDATE + CELEBRATE

"That's a really good question. I'm so glad you asked me."

LEAD WITH CURIOSITY

"Where did you hear that word?"
"Do you mean the body parts a person is born with, or something adults do?"

SHARE FACTS & THOUGHTS · SAY THIS AT EVERY AGE

Sex is for consenting adults. It is never for children.

Why do adults have sex? *"Some adults have sex to make a baby, and some for pleasure."*

Ages 3–6
CONCRETE

100% literal, so name both meanings.

*"The word sex can mean two different things. Sometimes it means **biological sex**: the body parts a person was born with, like a vulva or a penis. Sometimes it means **sexual activity**, something only adults do. It can involve genitals, and it is private. It is never for children to do or to see."*

Ages 6–9
CONCRETE + LITERAL

If they do not know anatomy words for male and female by now, then start there.

"Sex is an umbrella word. It can mean vaginal, anal or oral sex. Vaginal sex is when a penis goes into a vagina. Anal sex is when a penis goes into an anus. Oral sex is when a consenting adult's mouth goes on another consenting adult's genitals."

Not ready to name anal or oral sex? You don't have to, but full facts now make later talks easier.

Ages 9–12
LITERAL TOWARD ABSTRACTION

Same script as ages 6–9. Then be ready to go deeper:

Intimacy. *"Sex is a very vulnerable, intimate act. It should always be based on respect and consent."*

Slang? Answer factually, then share your values. *"That's a slang word for ___. It means ___."*

BODY SAFETY
EVERY AGE

"No one should ask to see or touch your private parts, or show you theirs, in person or on a screen. We don't keep secrets about bodies, even if someone tells you to. If any of this ever happens, or anyone gives you an 'ick' feeling, tell me. It's never your fault. You'll never, ever be in trouble, and I won't take anything away."

SOME & OTHER

"Some people believe sex is only for marriage. Other people believe it's for adults who love and respect each other. In our family, we believe ___."

CHECK IN & ENCOURAGE

"Does that make sense?" · "What else are you wondering about?"

BOTTOM BUN · VALIDATE + CELEBRATE AGAIN

"I love that we can talk about this. You can always come to me with anything. You'll never be in trouble for asking or telling me."