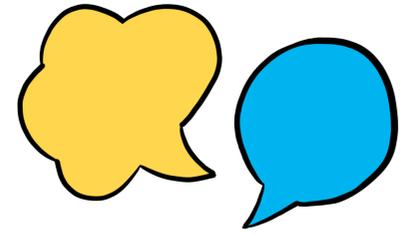


sexual pleasure



SMART THINGS TO SAY

with Saleema Noon
Sexual Health Educators

preschool-grade 1

- Exploring your body, especially your genitals, can feel good.
- Exploring your body in private is normal and healthy.
- Adults have sex to make babies but also to show love and because it feels good.
- There are ways to have sex without making a baby.

grades 2-3

In addition to what we say in previous grades:

- It's normal to have sexual feelings at your age. It's also normal to not have sexual feelings at your age.
- It's normal and healthy to be curious about sex.
- People can experience sexual pleasure on their own or with a partner.
- "Sex" is a general word we use to describe lots of different ways people can experience pleasure using the private parts on the body.
- Sex doesn't only happen between a man and a woman. You don't need a penis and a vagina to have sex.
- It's your right to choose who you have sex with some day.
- If you don't ever want to have sex, that's OK too!

grades 4-5

In addition to what we say in previous grades:

- During puberty, lots of kids develop sexual and romantic feelings. This is normal and healthy.
- It's normal at your age to feel grossed out by sex.
- If you want it to be, sex can be a great part of your life someday.

grades 6-7

In addition to what we say in previous grades:

- Masturbation is the safest and easiest way to experience sexual pleasure at your age.
- The clitoris is a small organ at the front of the vulva. Its only purpose is to provide sexual pleasure when stimulated.
- The brain plays a huge role in sexual pleasure too.
- What feels good is different for everyone.
- An orgasm is the climax of sexual activity. Lots of people compare it to a sneeze because it feels good and is a release of tension.
- Sex can feel good without an orgasm, and sometimes one partner has an orgasm but the other doesn't.
- There are lots of ways to increase pleasure during sex, such as using lubricant, sex toys, fantasy and different sexual positions.
- There are lots of different ways that people can experience sexual pleasure together and they don't all involve intercourse.
- Open communication between partners increases the chances that sex will be fun and pleasurable.
- Sex without consent doesn't feel good.
- Sex shouldn't hurt.
- How we feel about our body can influence sexual pleasure.
- Experiencing sexual pleasure has health benefits such as stress release and better sleep.