

**“YOU MIGHT BE WONDERING”** – *Conversation Starters.*

*Five conversation starters to ease the awkward and open up some important conversations with your kids. (Use these as a springboard, then start the conversations that are most fitting to your kids’ ages and stages now.)*

1. **“You might be wondering...why sometimes a boy’s penis gets straight and hard at random times.”**

-- This is called an erection and it is a normal thing. (it even happens to babies sometimes!) As a boy grows up and gets closer to becoming a man, it starts to happen more often and can be a little uncomfortable, but it’s not a problem and it gets better with time. Nothing to worry about!

2. **“You might be wondering...why kids start to get hair around their private parts and under their armpits around their teenage years.”**

-- Well, for some reason that is just how God makes our bodies! It’s kind of funny, isn’t it? There are some things we don’t totally understand, though I’m sure scientists can try to explain it. It’s just part of growing up! And...it may happen much earlier or later with some kids than others, and that, too, is normal! (*I think kids are relieved to know that some things don’t even make total sense to their parents!*)

3. **“You might be wondering...why people who kiss on television sometimes have their mouth open and have their tongues in each other’s mouth?”**

-- Yea that can look pretty weird, right? Well, when you are close to someone, and you feel attracted to them, kissing with your whole mouth is not so gross actually. This is best between a husband and wife because it is a very intimate thing, and I wish they wouldn’t put it on t.v. but they do. 😊 You might hear people call that “French kissing”, or “making out”.

4. **“You might be wondering...what is a “wet dream”?”**

-- As boys get a little older and their hormones start to change, a milky fluid called semen builds up inside of them and sometimes while they are sleeping it comes out. It’s a normal thing and no big deal. They will need to wash their sheets or their underwear or PJ’s, but otherwise it is just part of growing up. (The proper term for this is “nocturnal emissions”)

5. **“You might be wondering...what it means for a girl to have her “period.”**

-- This one is a bit more of a science lesson, but...God makes a girl’s body so that she can be a mommy one day, and when she starts puberty her body will begin to practice preparing her uterus for carrying a baby. Each month it builds up a lining where a baby will one day grow, and each month it will slough off that lining in some blood that comes out of her vagina. It’s very normal and natural. We call that her “menstrual cycle” or her “period.” cycle” or her “period.” comes out of her vagina. It’s very normal and natural. We call that her “menstrual cycle” or her “period.”

■ **Now you’re turn!** Here’s to some healthy conversations with fewer squirms. 😊