

HOW TO TALK WITH AUTISTIC KIDS ABOUT THE BIRDS & THE BEES

If you have an autistic kid I'm sure talking with them about sex can seem like a really daunting task. You already have so many worries on your plate adding in sex ed can feel overwhelming. And just to be clear, I'm not an expert on autism, just on talking with kids about safety, sexuality and relationships.

Children who are neurodivergent more vulnerable to being taken advantage of sexually than other kids. This makes it doubly important you have conversations with your child that are direct, regular and chock-full of information because this is one of best things you can do to keep them safer.

TIPS

You know your child, their temperament and the way they learn best so take this into account when you chat with them. However, be sure you are not using your discomfort with these topics to avoid the conversations.

- **Use a straightforward and factual tone**, but also be lighthearted about your conversations. This balance makes the conversations easier on everyone.
- **Use my sex talks formula with wild abandon**. It's clear and simple, so it'll be helpful for your child. The formula is this: **FACTS + VALUES + LIMITS**. Explain what something is, your values about it, and any limits related to whatever the topic is.

FOR EXAMPLE:

FACT:

A condom is something a person puts on their penis before they have sex. It will capture the semen and sperm to stop a pregnancy and it also prevents passing STIs (you can say germs).

VALUE:

I believe when you have sex with someone the person with the penis should always use a condom. When people use condoms, they worry less about pregnancy or STIs and have better sex.



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"Thanks to you I have a new level of comfort about my own sexuality and am thus more able to talk freely with my kids about sex."

~ Alyson M.



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LIMITS:

You should always use a condom when you have sex. It is smart and protects you and your partner, which is very important. It is the responsibility of the person with the penis to have condoms ready to use, not the person who can get pregnant, although they should have them too. Regardless, I'll make sure you have them.

Have frequent conversations about bodies and boundaries and be specific about what kind of touching is okay, when and by whom.

For example you can say:

- It's okay to touch your privates when you are alone. It's not okay to touch your privates in public because people feel very uncomfortable and you could get in trouble.
- It's not okay for anyone else to look at or touch your privates. If you have a problem then me, (safe adult), or the doctor can look at them.
- If this happens you can tell me and you won't be in trouble even if it's someone you know and trust. I will always believe you and get you and that person help.

Use the real words (vulva, vagina, breasts, clitoris, penis, testicles, etc.) and skip the euphemisms (making love vs. sexual intercourse) until they have a good understanding of what goes where, how things work, etc.

Often people think kids who are developmentally different are either over-sexual or under-sexual. This means either the person is "sex crazed" and obsessive about it; or not sexual at all and have no desire for or interest in sex. Just like every other person on the planet, your kid is probably somewhere in the middle.

Autistic folks tend to be more open to different gender identities and sexual orientation for themselves and others. Be prepared to be open and accepting of your child no matter who they are when it comes to this part of life. LGBTQ+ kid's suicide rate is four times higher than the general population.

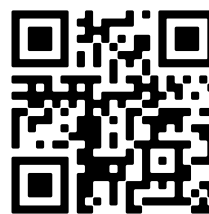
If you thought puberty was strange and romance confusing when you were growing up, your child may find it even more so. Make sure they have good, fact-based, developmentally (with regard to their autism) appropriate books to help them navigate this important part of life.

Solutions Center



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Sex Talk Newsletter



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BOOKS

There are some of these and more in my online bookstore: BirdsandBeesandKids.com/sex-education-resources/

FOR KIDS

- [**An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids**](#)
- [**The Tom and Ellie Series**](#) about puberty and growing up.
- [**The Autism-Friendly Guide to Periods**](#)
- [**Special Girls' Business**](#) for girls with special needs including intellectual disability, physical disability, communication disorder and autism.
- [**Special Boys' Business**](#) for boys with special needs including intellectual disability, physical disability, communication disorder and autism.
- [**Special Growing Girl: A guide to puberty for girls with special needs**](#)

FOR ADULTS & TEENS

- [**Sexuality and Relationship Education for Children and Adolescents With Autism Spectrum Disorders**](#)
- [**The Autism Spectrum Guide to Sexuality and Relationships: Understand Yourself and Make Choices that are Right for You**](#) this is more for you, unless you have teens, then hand it over!
- [**Birds & Bees & Your Kids**](#)

OTHER RESOURCES

- [**Tilt Parenting Podcast**](#) for neurodivergent kids with Debbie Reber.
- [**Amaze.org**](#) has great videos for kids about all kinds of things related to sexuality.
- [**BirdsandBeesandKids.com**](https://BirdsandBeesandKids.com)
- [**Just Say This Podcast**](#)

Need help with a specific issue or even just getting started? Schedule a [**Quickie Consultation**](#) at [**BirdsAndBeesAndKids.com**](https://BirdsAndBeesAndKids.com)

Interested in a learning more about how to schedule a class for your parenting group, school or other organization? Send me an email! [**Amy@BirdsAndBeesAndKids.com**](mailto:Amy@BirdsAndBeesAndKids.com)