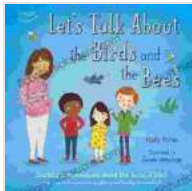


# Let's Talk About the Birds and the Bees: A Comprehensive Guide to Sexual Education



**Let's Talk About the Birds and the Bees: Starting conversations about the facts of life (From how babies are made to puberty and healthy relationships)**

by Molly Potter

★★★★☆ 4.6 out of 5

Language : English

File size : 8389 KB

Screen Reader : Supported

Print length : 48 pages



Sexual education is an important part of growing up. It can help you understand your body, make healthy choices, and protect yourself from STIs and unplanned pregnancy.

But talking about sex can be awkward, especially if you're not sure where to start. That's why we've put together this comprehensive guide to sexual education. We'll cover everything you need to know, from the basics of reproduction to the importance of consent.

## **The Basics of Reproduction**

Reproduction is the process by which new organisms are created. In humans, reproduction occurs when a sperm fertilizes an egg.

Sperm are produced in the testicles of males. Eggs are produced in the ovaries of females.

During sexual intercourse, sperm are ejaculated into the vagina. The sperm then travel through the cervix, uterus, and fallopian tubes. If an egg is released from an ovary, it will travel down the fallopian tube. If the sperm and egg meet, fertilization will occur.

The fertilized egg will then implant in the lining of the uterus. The embryo will develop into a fetus over the next nine months.

## **Puberty**

Puberty is the process by which children develop into adults. During puberty, the body undergoes a number of changes, including:

- Growth of the breasts in girls
- Growth of the penis and testicles in boys
- Development of pubic hair
- Onset of menstruation in girls
- Increase in muscle mass and strength
- Changes in voice

Puberty usually begins between the ages of 10 and 14. However, it can start earlier or later in some people.

## **Consent**

Consent is the voluntary agreement of two people to engage in sexual activity. It is important to always get consent before engaging in any sexual activity, regardless of your age or relationship status.

Consent cannot be given if someone is:

- Under the influence of alcohol or drugs
- Asleep or unconscious
- Being threatened or coerced

If you are not sure whether or not someone is consenting, it is always best to err on the side of caution and not engage in sexual activity.

## **STIs**

STIs (sexually transmitted infections) are infections that can be passed from one person to another through sexual contact. STIs can be caused by bacteria, viruses, or parasites.

Some of the most common STIs include:

- Chlamydia
- Gonorrhea
- Herpes
- HIV
- Syphilis

STIs can cause a variety of symptoms, including:

- Painful urination
- Discharge from the penis or vagina
- Sores or bumps on the genitals
- Fever
- Chills
- Swollen lymph nodes

STIs can be treated with antibiotics or other medications. However, some STIs, such as HIV, cannot be cured.

## **Contraception**

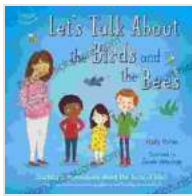
Contraception is a method of preventing pregnancy. There are many different types of contraception available, including:

- Condoms
- Birth control pills
- IUDs
- Implants
- Sterilization

The best type of contraception for you will depend on your individual needs and preferences. It is important to talk to your doctor about your contraception options to find the best method for you.

Sexual education is an important part of growing up. It can help you understand your body, make healthy choices, and protect yourself from STIs and unplanned pregnancy.

This guide has provided you with a comprehensive overview of sexual education. If you have any questions, please talk to your parents, a trusted adult, or your doctor.



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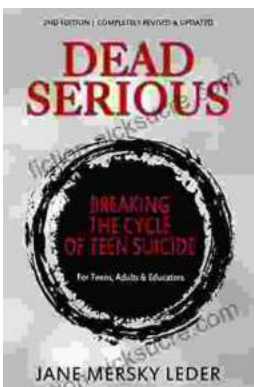
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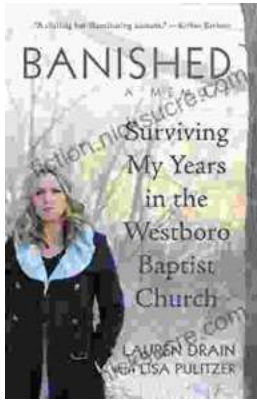
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