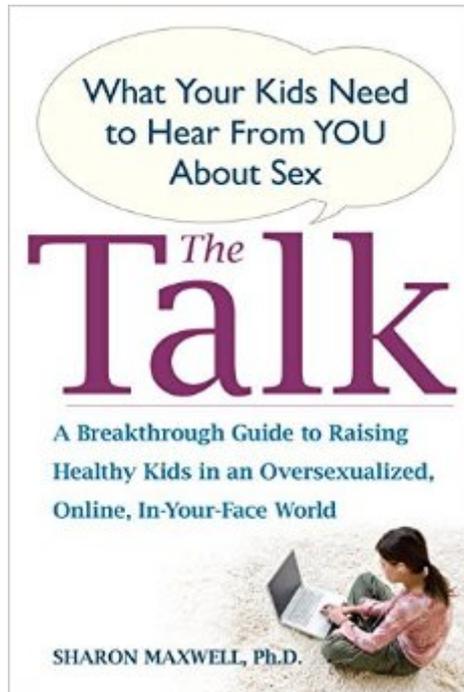


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# The Talk: What Your Kids Need To Hear From You About Sex



## Synopsis

View our feature on Sharon Maxwell's *The Talk*. A groundbreaking resource to help jump start an ongoing discussion between parents and teens about sex and sexuality. Internet chat rooms, boy/girl sleepovers, reality TV . . . there's more to "the talk" than ever before. Faced with a culture that pushes our kids to be "sexy" before puberty begins, how do we explain the power of sexuality in a way that promotes healthy, age-appropriate behavior? *The Talk* is a breakthrough resource for parents and educators that prepares kids for a hypersexualized world and lays the foundation for ethical sexual behavior that can guide our children from elementary school through college. Using real-life situations, Dr. Sharon Maxwell demonstrates how dramatically the world of preteen and teen sexual exploration has changed. She helps parents think through the message they want to give to their kids about sexual behavior, and how that message must evolve as their kids get older. Focusing on the importance of love and intimacy, Dr. Maxwell helps parents define their values about sex and gives concrete ways to share those values with teens. *The Talk* shows parents how to:

- \*Set family guidelines for safe Internet use
- \*Address the social power that comes from looking sexy, and the personal responsibility each of us has to use that power appropriately
- \*Discuss the moral aspects of sexuality in ways teens will understand
- \*Help children recognize the difference between feelings of sexual desire and love
- \*Develop principles with our teens that will help them figure out when it's okay to be sexual with someone and when it's not

Dr. Maxwell connects the dots between reproduction, the potent power of sexiness, sexual desire, emotional intimacy, and the spiritual dimension of sexuality. Offering an innovative framework for looking at human sexuality, this book has the potential to change the national conversation on sex education.

## Book Information

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## Customer Reviews

Like the author of this book I also found myself in a position where my kids got an introduction to sex in a very different way from how I would have wanted. This was the second book I purchased on this topic, and I think it has given me a practical and useful framework for addressing this very important topic with my kids. One of the most important point made in this book is that if we as parents are not proactive about talking to our kids about sex, other people (as individuals or through media advertising) will do the job for us...very often not in the way we would like. If we want to be the providers of information in this area, we have to take charge earlier than most of us parents would like to believe and encourage ongoing discussion on the topic. The author addresses not only the biology aspect of sex but also the social power, sexual desire, relationship and also moral/ethical aspects of sex. The book is essentially about "connecting the dots" between this various aspects of sex in a way that allows the subject of sex to be addressed in a healthy wholesome way by parents. Other parties that may attempt to educate your children are likely to focus on a single aspect to further their own ends, not necessarily in the interest of the children. This is why the talk has to come from the parents. She talks about some general principles of learning self control and treating others as you would like to be treated. These principles I think are applicable regardless of your religious and cultural background. However she does not push a one size fits all approach. Each chapter ends with a set of questions/activities designed to make you become more aware of where you as an individual stand on the various aspects of sex.

Not being a parent, a young person, or someone who works with kids, I didn't expect this book to be a page-turner, but it was ...! I read it in two eager sittings. It is totally engaging in both its tone and content. It is sane and inspired, honest and very, very practical. While focusing on the critical issue of sexual health and safety for young people (and people of all ages making sexual decisions), the book is also about much larger issues, ones that seem critical to our general well-being as a society these days. I knew while reading the Introduction that I would probably keep reading, and within another page or two I couldn't leave. What the author was saying was way too important ...Admittedly, the book addresses one of my own personal bugaboos - media manipulation - but I was delighted to see that the author quickly lays a foundation for how balance and sanity can re-enter many different kinds of conversations and decisions we may be having/making these days ... In addition to excellent information about how and when to talk to kids about sex, this book offers

information about becoming self-aware about conditions and situations that diminish us, and about how to make better decisions. Reading this book, I realized how very rare it is to come across anything in the media these days that helps us create a coherent picture of what is happening around us, or how to access a place where good guidelines and decisions can be formulated about sex, media exposure, Internet overstimulation and the like, and where these guidelines have enough coherent flexibility to grow with us. It was a pleasure to see "meaning" and "value" being reintroduced to the discussion, along with strategies for considering them as important components of our lives ...

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