

**Parent Resources**

**Sexuality Resource Center for Parents**  
<http://www.srcp.org/index.html>

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**Center for Parent and Teen Communication**  
<https://parentandteen.com/>

**Youth Resources**

**Advocates for Youth**  
<https://www.advocatesforyouth.org/>

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**Teen Source**  
<https://www.teensource.org/>

## Sexual Development

Children of all ages and abilities experience **sexual development** and will engage in a variety of sexual behaviors. Over the next several weeks, the Behavior Bulletin will focus on topics related to sexual development, sexual behavior, and tips for parents supporting their child’s **sexual development**. We will start by providing an overview of stages of sexual development. The overview will inform and prepare parents about what to expect developmentally and behaviorally and provide a foundation for parents to discuss sexual development with their child.

**Sexual development** occurs across the lifespan and includes social/emotional changes in addition to the physical changes that occur in adolescence. The *National Center on the Sexual Behavior of Youth (NCSBY)* states, “Like all forms of human development, sexual development begins at birth. Sexual development includes not only the physical changes that occur as children grow, but also the sexual knowledge and beliefs they come to learn and the behaviors they show. Any given child’s sexual knowledge and behavior is strongly influenced by: the child’s age, what the child observes, and what the child is taught.” **Sexual development** is influenced by a combination of biological, psychological, social, cultural, and religious factors.

## Sexual Development From Infancy to Adolescence

- **Infancy—Age 0 to 2 years**
  - Curious about body, explorative touching of genitals, begin to differentiate gender roles of others
- **Early Childhood—Age 2 to 5 years**
  - Touching genitals, sexual exploration through play with self or toys, curious about sexuality/reproduction, uninhibited by nudity
- **Middle Childhood—Age 5 to 8 years**
  - Use of humor about body parts, increased understanding of gender norms, sexual exploration through play with self or others, touching for pleasure
- **Late Childhood—Age 9 to 12 years**
  - Onset of visible changes in physical development, increased interest in relationships, viewing of sexual content/images, masturbation, puberty
- **Adolescence—Age 13+ years**
  - Puberty, changes in physical appearance, increased interest in sexual activity, masturbation, desire for intimacy and affection, sexual attraction, understanding of their own sexual orientation and gender identity

## Upcoming Events

| Date/Time                          | Topic   | Link  |
|------------------------------------|---|---|
| Thursday, March 11<br>6:00-8:00pm  | Sensory Processing Disorder   | <a href="https://parentnetworkwny.org/event/sensory-processing-disorder/">https://parentnetworkwny.org/event/sensory-processing-disorder/</a>                 |
| Wednesday, March 17<br>6:30-7:30pm | Buffalo Group for Parents/Caregivers of Children with Autism Spectrum Disorders | <a href="https://zoom.us/j/97311273663?pwd=ZDlSaWZZTnROUUNaUTR6c3ErZ0RuQT09">https://zoom.us/j/97311273663?pwd=ZDlSaWZZTnROUUNaUTR6c3ErZ0RuQT09</a>           |
| Thursday, March 18<br>7:00-7:45pm  | Mindfulness Stress Reduction Series   | <a href="https://parentnetworkwny.org/event/mindfulness-stress-reduction-series/">https://parentnetworkwny.org/event/mindfulness-stress-reduction-series/</a> |



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