



## What kids should know before they go to Middle School

Your kids should have a good, basic understanding of the following before Middle School. Once they hit middle school, they are exposed to pretty much everything and it's empowering for them to have this information from you.

- The names and functions of male and female sex organs
- What sexual intercourse is and how females become pregnant
- What happens during puberty and what the physical changes of puberty mean
- The nature and purpose of the menstrual cycle
- Same-sex relationships
- Masturbation
- How to prevent pregnancy
- Activities that spread sexually transmitted diseases (STDs), in particular HIV/AIDS
- Your expectations and values

This list is from the American Academy of Pediatrics

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