

In A Hyper-Sexualized Culture, We CAN Raise Healthy, Responsible Kids It's Time to Have THE TALK

Sharon Maxwell, Ph.D.

Award-winning author of *THE TALK: What Your Kids Need to Hear from YOU About Sex* (Avery, 2008)

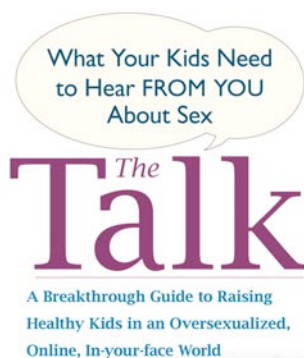


Smart phones, Facebook, boy/girl sleepovers, reality TV, older siblings—our children are overwhelmed with information and stimulation by a culture that pushes them to be sexy before puberty begins. The social currency of sexy embeds itself into their self-image before they have any context for understanding what it means. How can they make sense of it all if we don't provide an integrated framework for understanding sexuality?

Dr. Maxwell offers a comprehensive and positive framework for talking to kids from K - 12 about sex and sexuality. She connects the dots between:

- Reproduction
- The social power that comes from looking sexy
- Sexual desire
- Intimacy and love
- The spiritual/moral aspects of sexuality

Our kids are looking for a way of understanding sexuality that will help them make sense out of what they see around them and guide their decision-making. Starting and sustaining a dialogue about sex with our children is an essential part of parenting.



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Educators, health professionals, and parents are using this innovative approach to prepare kids for a hypersexualized world and lay the foundation for ethical sexual behavior that will guide our children from elementary school through college. Dr. Maxwell is an award-winning author, educator, and practicing clinical psychologist. Her work has been featured in TIME Magazine, US News and World Report, USA Today, Working Mother, The Boston Globe, on NPR, Oprah and Friends, and Fox News. The Boston Parents Paper voted Dr. Maxwell a 2009 Family Advocate of the Year.

"Dr. Maxwell gives practical guidance on sharing values with children. Her focus on teaching self-discipline and developing self-control is a refreshing counterpoint to a pop culture that says we should have it all right now. I highly recommend The Talk to every parent."

— **Dr. Alvin F. Poussaint**, Professor of Psychiatry and Faculty Associate Dean for Student Affairs at Harvard Medical School.

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