



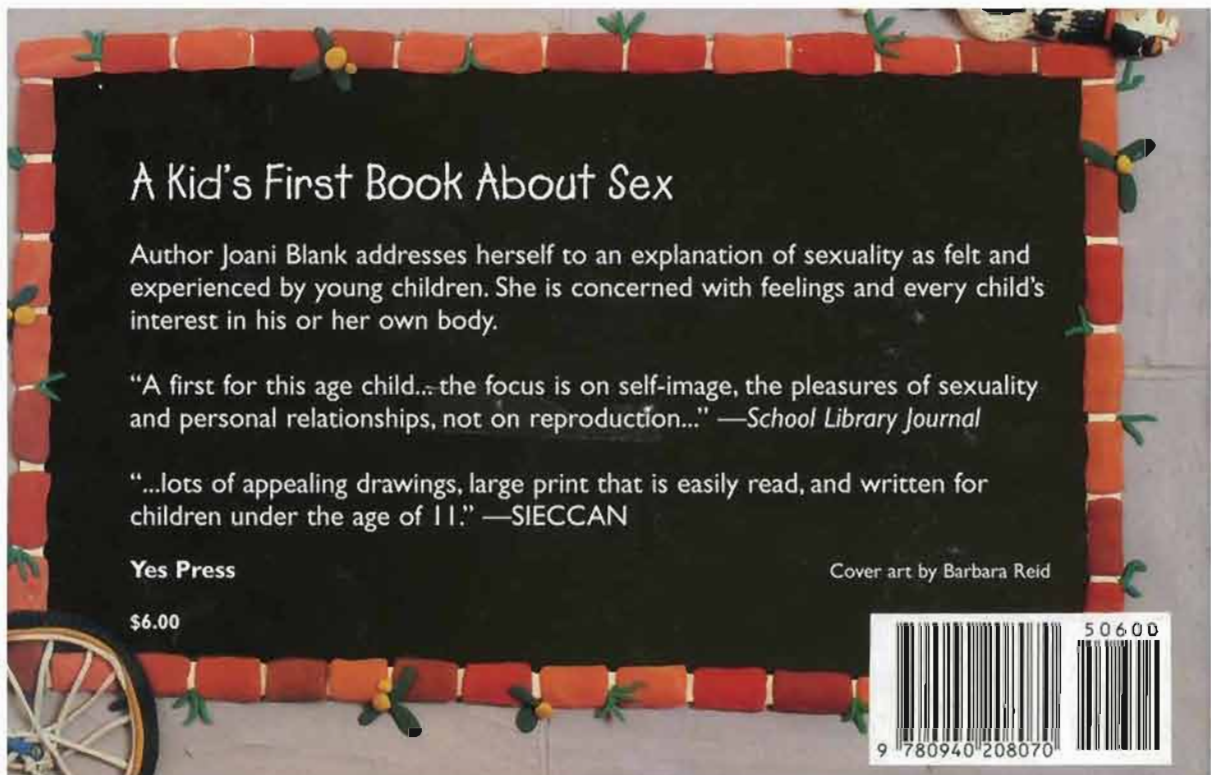
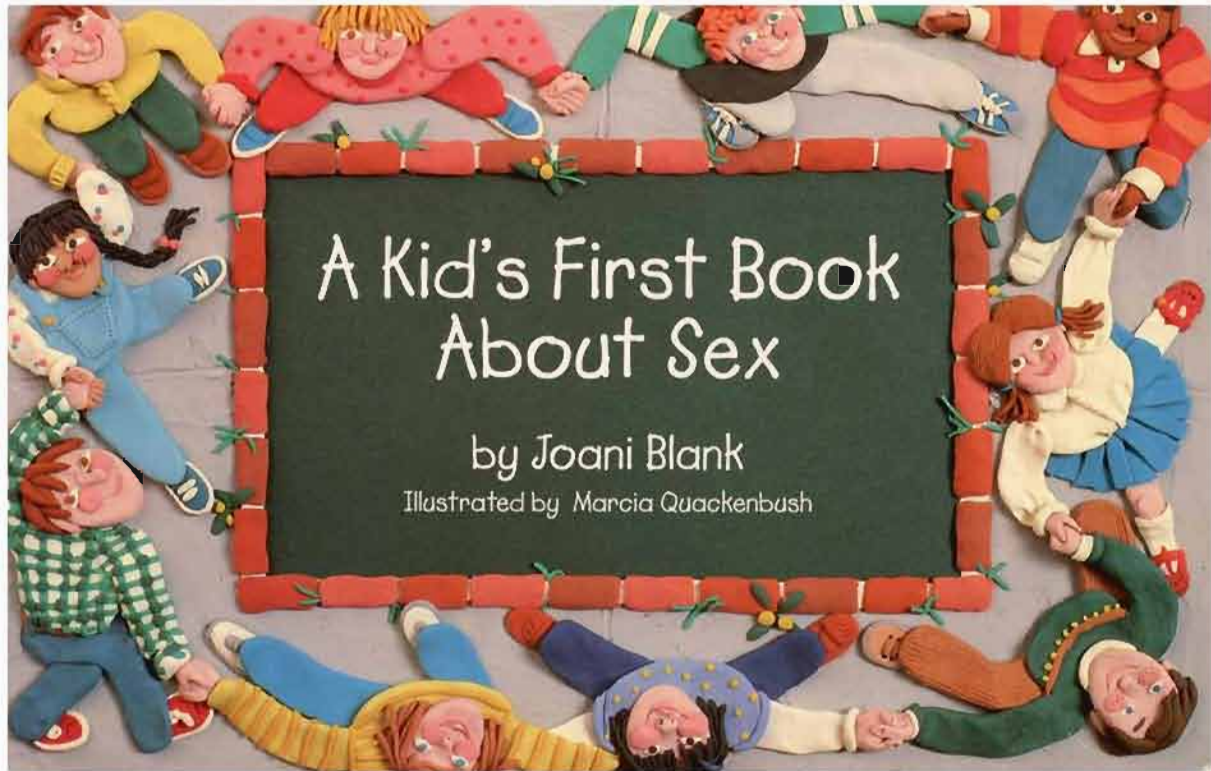
This book and the Playbook for Kids About Sex (for somewhat older children) were written many years ago when my own daughter, now an adult with kids of her own, was a little girl. Both books are out of print and because I want them to be readily available, I'm making both of them available for FREE download. However, I would appreciate receiving voluntary donations in any amount.

You can send payments via PayPal, www.paypal.com, to joani@swansway.com at no cost to either of us. Setting up a personal PayPal account is easy and free. If you prefer to send me a check please let me know that by email and I'll get in touch with you to tell you how.

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Joani Blank

Author and Publisher Emerita of Down There Press.



A KID'S FIRST BOOK ABOUT SEX

words by
Joani Blank

pictures by
Marcia Quackenbush

Yes Press
San Francisco, California

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Additional copies of this book are available at your local bookstore or directly from the publisher:

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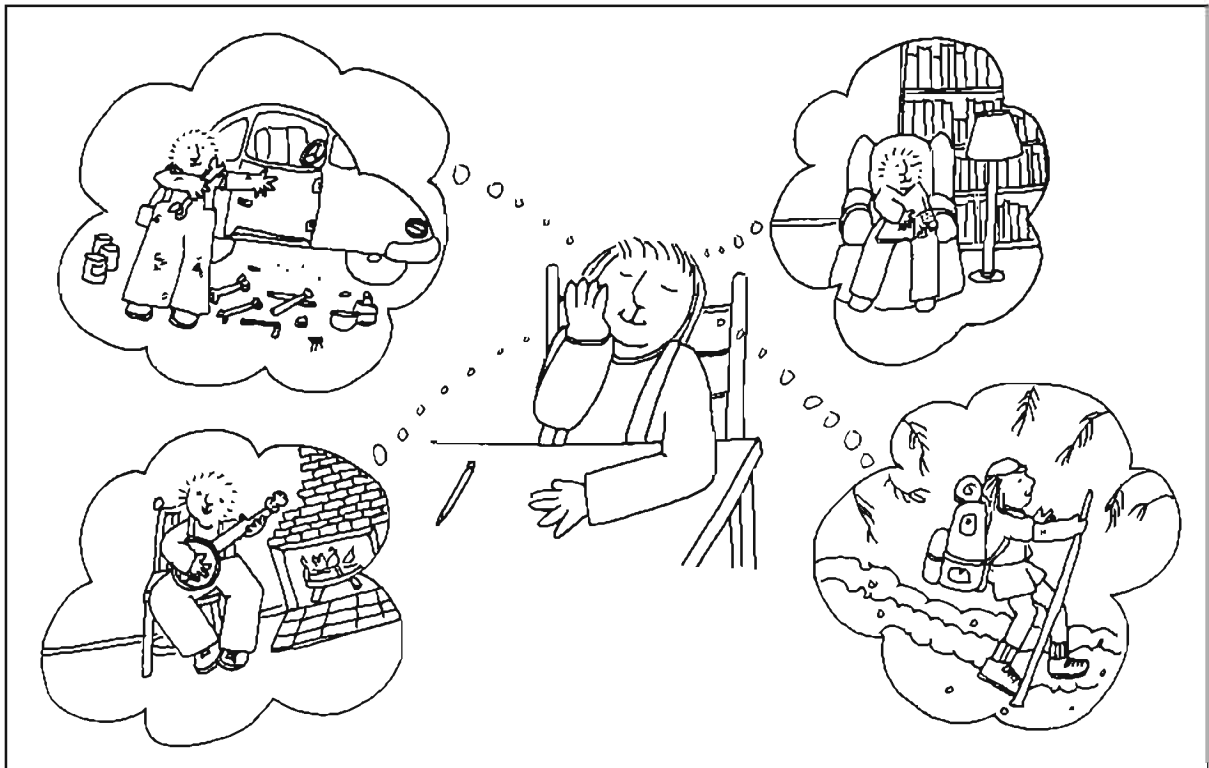
Please enclose \$9.75, which includes \$3.75 for shipping and handling. Also available from Yes Press: **The Playbook for Kids About Sex**, an interactive workbook version of **A Kid's First Book About Sex**. Send \$8.75 postpaid to order **The Playbook for Kids**. Please call for professional and quantity discounts.

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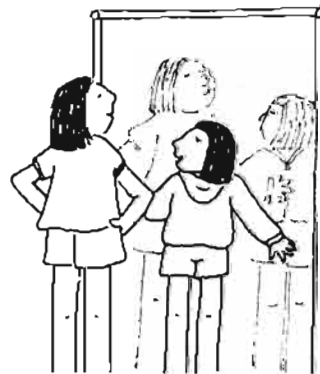
What This Book is About

This is a book about sex. It's different from most children's books about sex, because it's mostly for girls and boys whose bodies haven't started to change into grown-up's bodies.



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This book is also different because it doesn't say much about how babies are made and born. When a man and a woman have sex together, sometimes a baby starts growing in the woman. Making babies is an important part of sex, but there are lots of other things kids want to know about sex! This book talks about those other things.



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The most important part of sex besides making babies is how you feel about yourself and your body. So, there's a lot in this book about that: You by yourself!

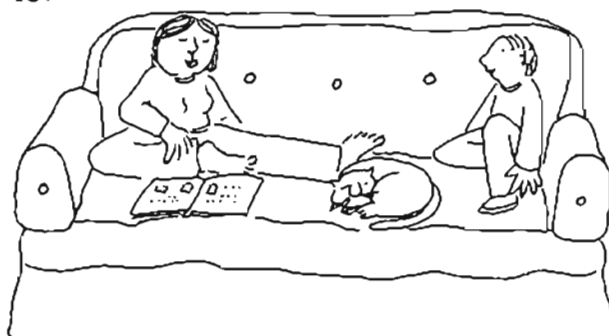
When you're reading this book, some of the words or ideas may be new to you.

You can ask the person who gave it to you, or someone else, to help you understand it. Or if you are a very good reader, maybe you can help someone younger to understand it, like your sister or brother or cousin or friend.



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This book will tell you some things you didn't know about before. It also asks you a lot of think-about-it questions. That means that when you read a question, you might want to stop reading for a moment and think about the answer. Maybe you can talk about the question with the person who gave you the book, or the person who's reading it with you. It's a good idea to have some pencils or crayons with you when you read this book, so you can write down your answers to some of the questions, or even draw pictures if you want to.



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Why do you think the grown-ups who gave you this book might want you to read it?

Maybe they think it will help with the talks you've already been having about sex!

Maybe they don't know very much about sex, and they want to learn some things too!

Maybe they know a lot about sex, but they don't know exactly how to tell you about it.

Maybe they're worried that if they tell you too much, you'll start practicing before you're old enough.

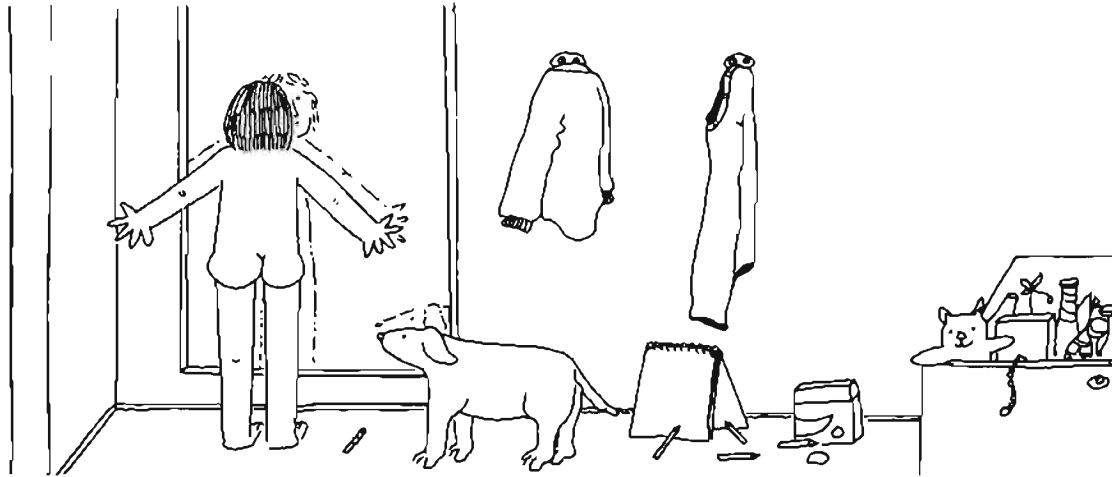
Maybe they want you to learn about sex, even though you're not interested in it.

If you ask your mom or dad a question about sex, how will they look?



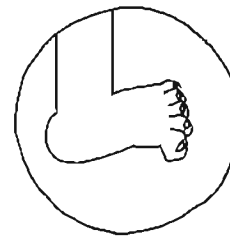
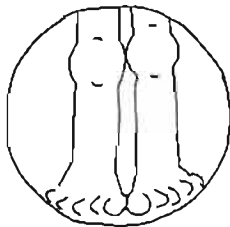
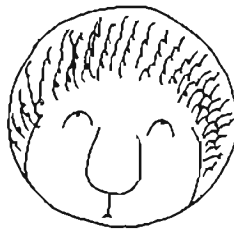
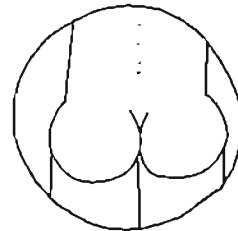
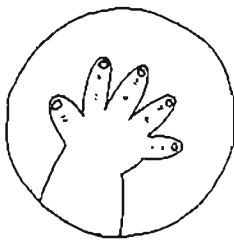
Your Body

Go into a room that has a big mirror in it, and close the door. Take off all of your clothes and look at yourself in the mirror. Turn around and look at your back. Then draw a picture of your whole body.



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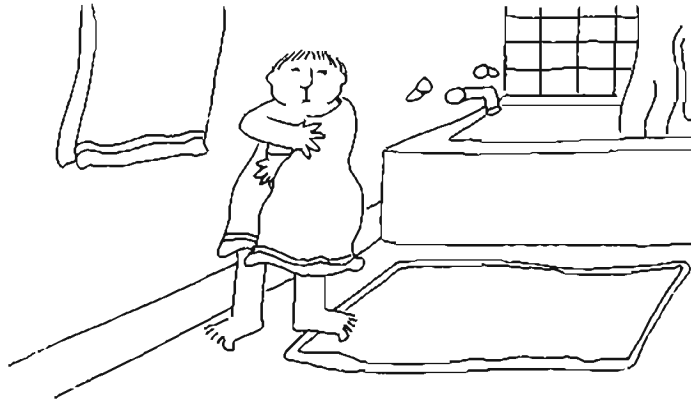
What parts of your body do you like the most? Why do you like them? What parts of your body do you hate the most? Why do you hate them?



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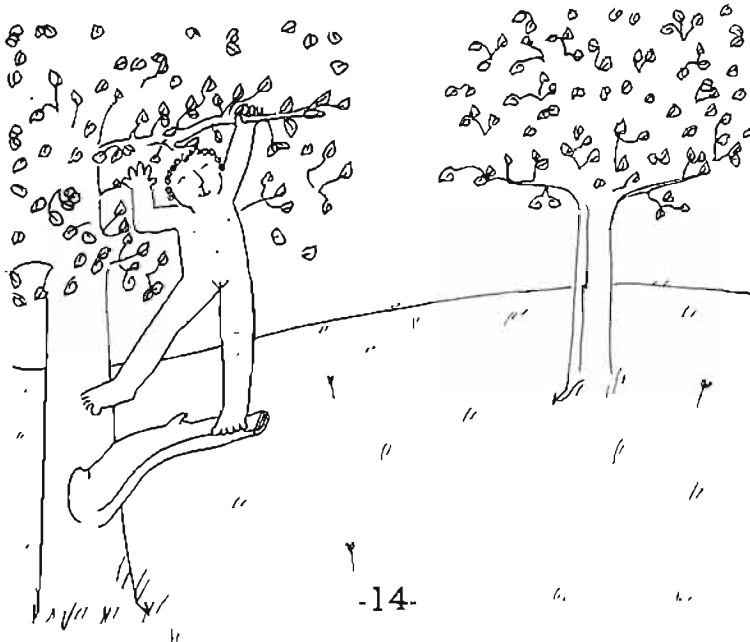
Nudity (Being Naked)

In some families, the only time people are naked is when they're by themselves, like when they're getting dressed or taking a bath.



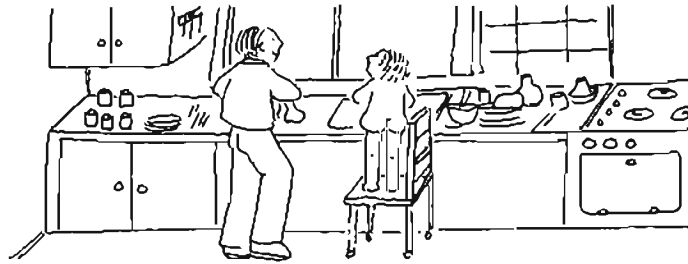
-13-

In other families, some or all of the people walk around a lot with no clothes on, especially if the weather is hot. Most families are in the middle.



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It might be okay to be naked with your sister or your brother or one of your parents but not okay with the other members of your family. Some kids like the way their families act about being naked, and some kids don't. What about you? Would you like to be naked in your house more often, so the other people in your family could see more of you? Do you wish the other people in your family would be naked more of the time, so you could see more of their bodies? Or maybe you don't want anyone at all to see you naked!



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Touching

Do grown-ups touch you too much, or not enough, or just about the right amount? Here are some different ways that people in your family and your friends can touch you.

- Rub
- Massage
- Kiss
- Hit
- Scratch
- Snuggle
- Bite

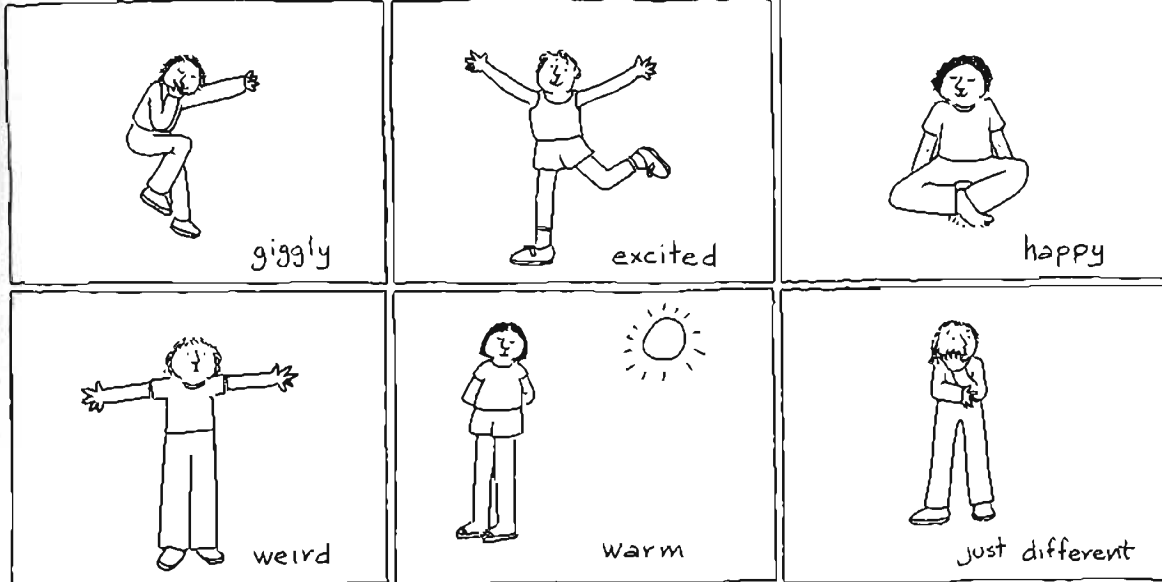


- Stroke
- Squeeze
- Pinch
- Tickle
- Hug
- Slap
- Wrestle

Do any of these kinds of touching feel sexy to you sometimes?

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How does a sexy feeling feel to you?



If you have feelings that are sexy, where in your body do you feel them the most?

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What Is Sexy?

Here are some different kinds of people. Do you think any of them are sexy?

- All grown-ups
- Married people
- Teenagers
- Old people
- Babies
- Girls and women



- Boys and men
- Movie stars
- Kids your own age
- Rock stars
- People on TV
- Everybody

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What is a sexy person? A sexy person is someone who:

- Enjoys touching
- Really likes herself or himself, and shows it
- Likes her or his own body

Do you know someone you think is really sexy?

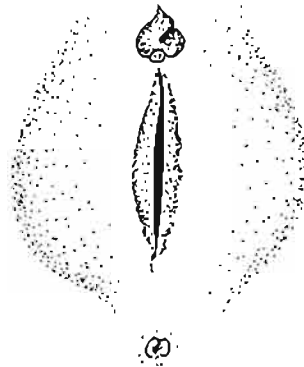
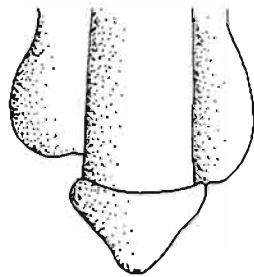
What is it about that person that makes you think that he or she is sexy?



Do you know someone you think is *not* sexy? What is it about that person that makes you think that he or she is not sexy?

Sex Parts

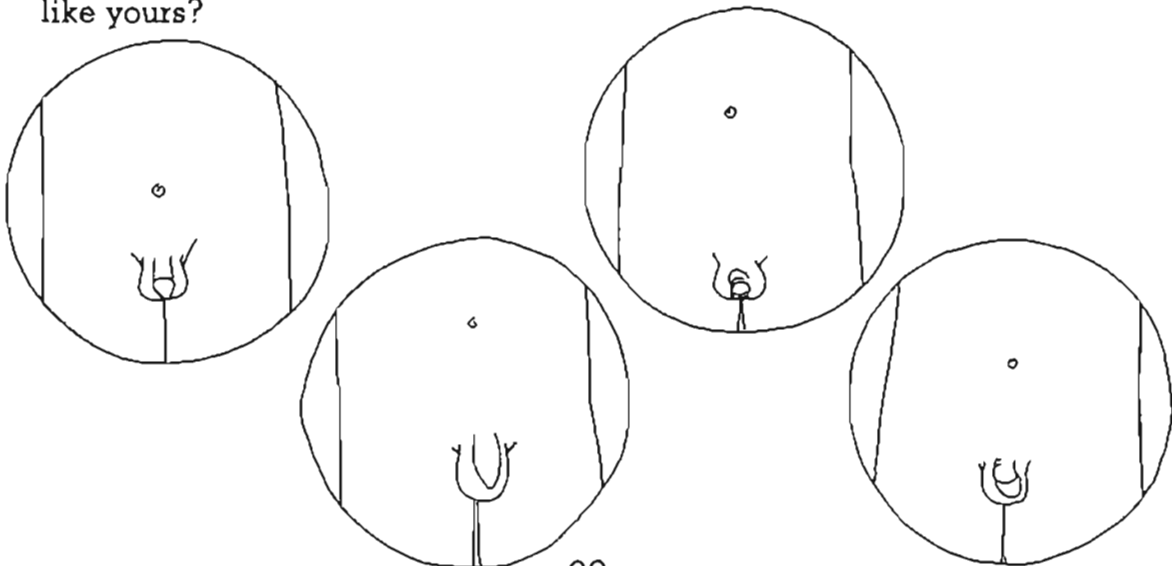
Some parts of your body may feel especially good and sexy when they're touched. They are in between your legs, and they're called your *genitals* or sex parts. Every boy has a *penis* and every girl has a *clitoris*.



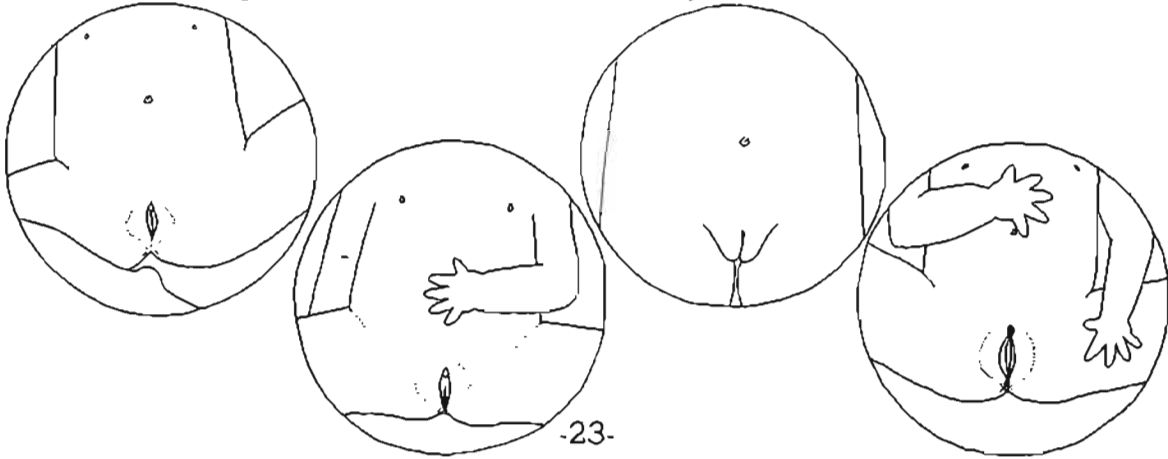
Those are the most good-feeling places, but they're not the only sex parts that people have. Boys also have *testicles* and girls also have *vaginas*. *Vulva* is a word that means all of a girl's sex parts.

The words in *italics* are in the Latin language. Most people also use other words for sex parts. Do you know some of these other words? Maybe you even have some words for sex parts that only people in your family know. Or maybe you have special words that you made up, and nobody else knows them at all.

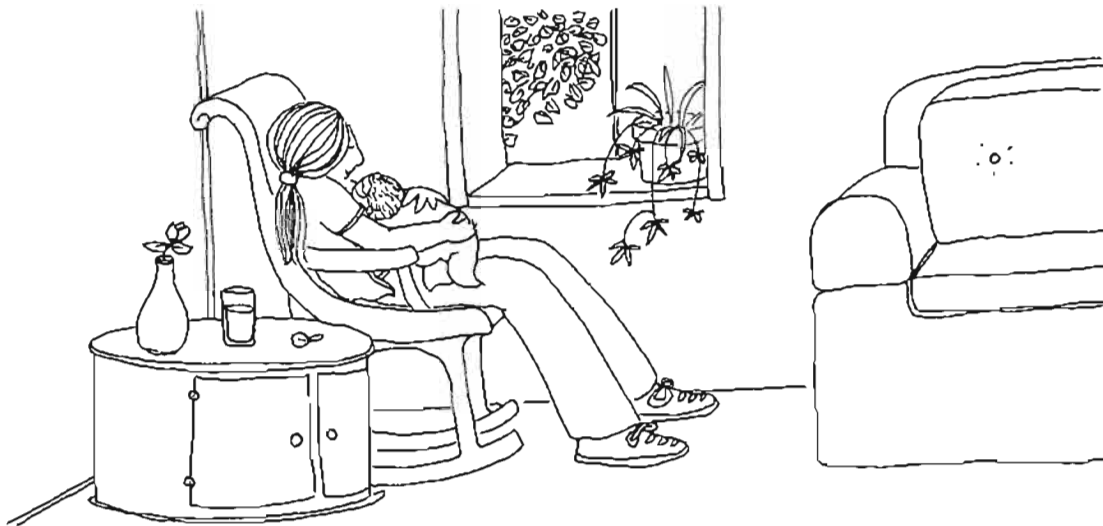
Every boy knows where his penis is. If you're a boy, you can draw a picture of your penis and your other sex parts. It's okay to look in the mirror if you want to. Here are some drawings of boys' sex parts. Do any of them look like yours?



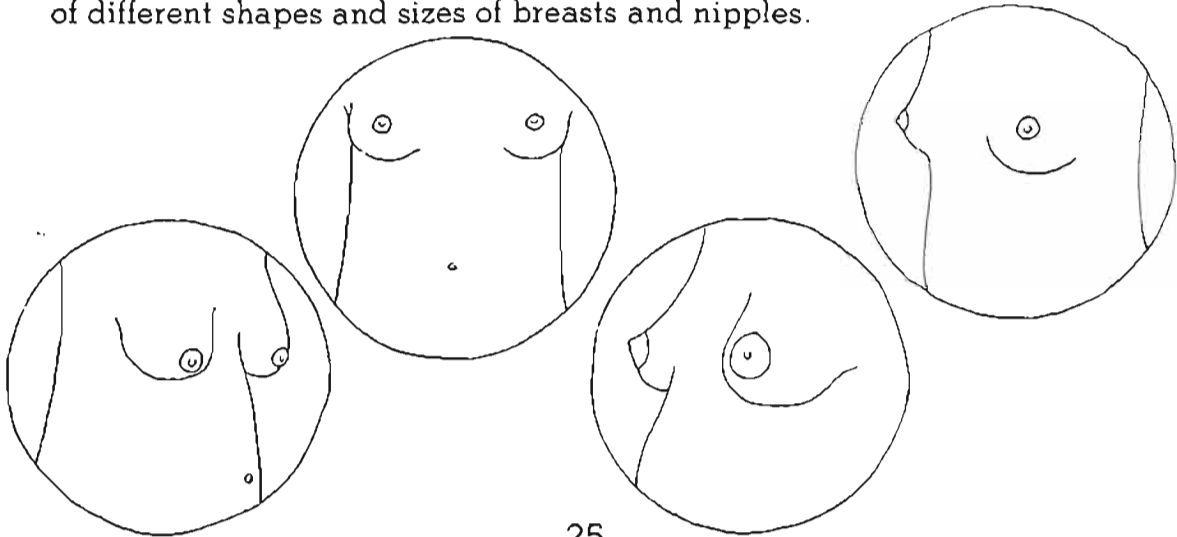
If you're a girl, you'll probably need a mirror to get a really good look at your sex parts. Your clitoris is in front of the tiny opening where your urine or pee comes out. If you can't see your clitoris, feel around gently until you find the most sensitive (or ticklish) spot. That's it! Draw a picture of your clitoris, and your other sex parts if you want to. Here are some drawings of girls' sex parts. Do any of them look like yours?



Maybe you also think of breasts and nipples as sex parts. A woman's breasts can be used to feed milk to her babies.



But many women and some men say that their breasts and nipples feel so good when they're touched that they count as sex parts too. Most girls' nipples look similar. But grown-up women and teenaged women have lots of different shapes and sizes of breasts and nipples.



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Feeling Sexy

Feeling sexy is sometimes called feeling "aroused," or "excited," or "turned-on." There are lots of things that make people feel turned-on, like:

- Thinking special thoughts
- Seeing a special person
- Touching your own body
- Being touched by someone you like or love
- Touching someone you like or love.



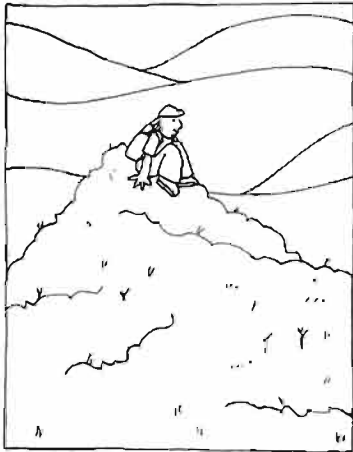
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When a boy or a man gets sexually excited, his penis gets firm and bigger. If you are a boy, did you ever notice your penis getting firm and bigger?

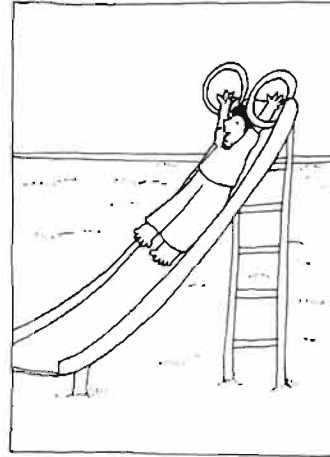
When a girl or a woman gets sexually excited, her vulva or vagina gets wet and slippery, and her clitoris gets firm. If you're a girl, did you ever notice your vagina getting wet and slippery?

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When people get very turned on, they sometimes feel a rush of excitement and then they feel relaxed and maybe a little tired. The rush of excitement is called an orgasm, or a climax, or coming. An orgasm is sort of like:



Getting to the top of a high mountain and sitting down to look at the other side.



Climbing up the ladder of a big slide and whooshing down.

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Sneezing after your nose has been tickling.



Peeing after you've had to wait a long time to pee.

Some kids start to have orgasms when they're 2 or 3. Other kids don't start having orgasms until they're teenagers or adults. Have you ever had an orgasm?

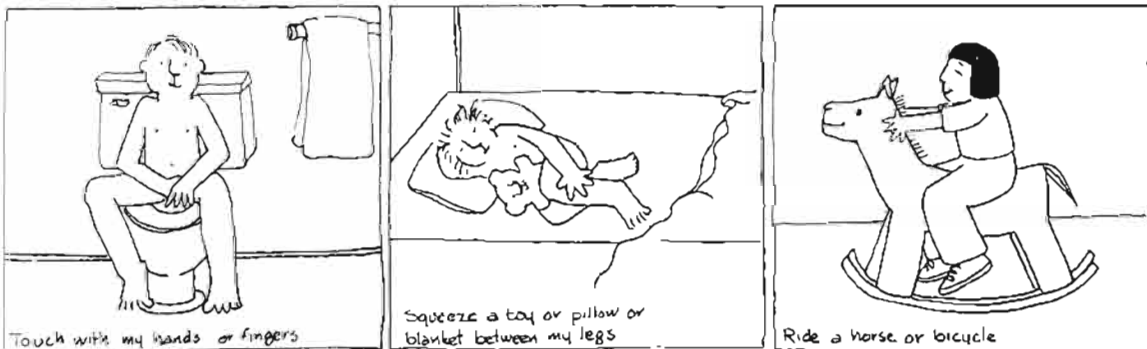


Masturbation (Touching Yourself to Feel Good)

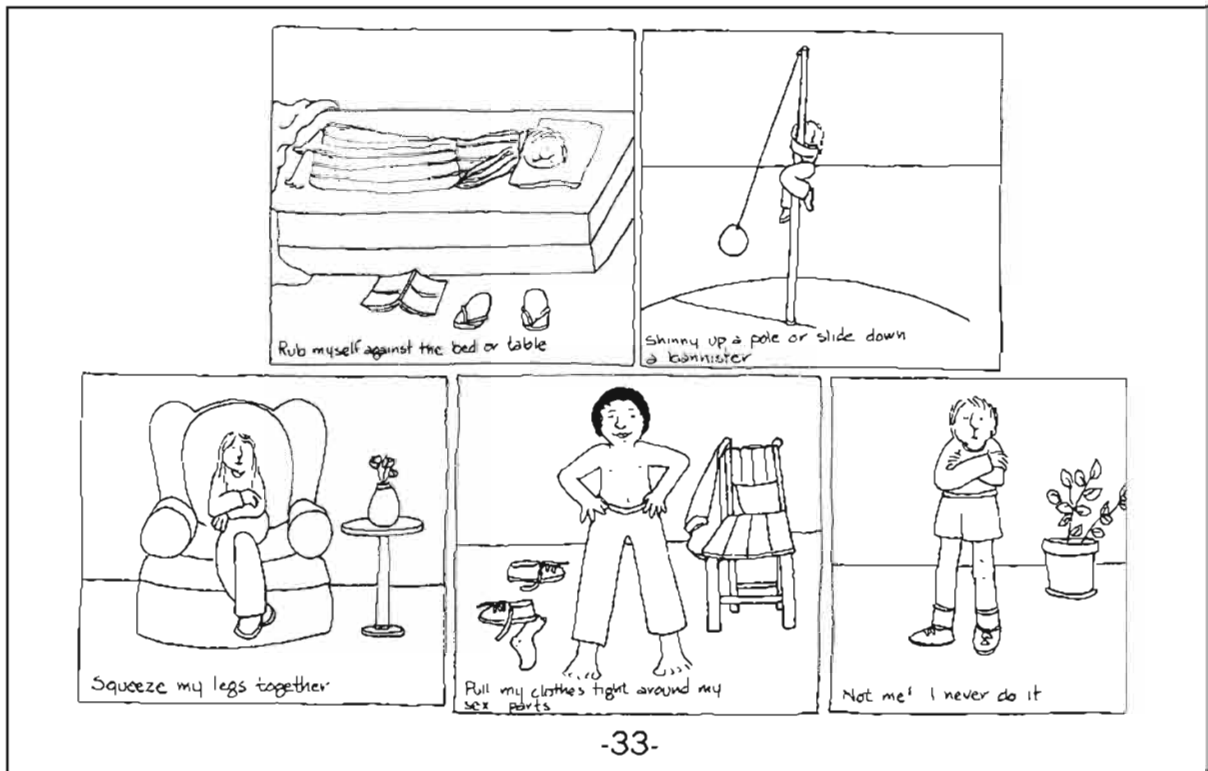
One way to get sexually aroused, or to enjoy sexy feelings, is to touch or rub or play with your own body, especially your sex parts. Touching your sex parts to make yourself feel good is called *masturbation*. Masturbation feels good whether you have an orgasm or not. Isn't that a big word for something that almost everybody does? Did you ever hear any other words for masturbation?

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Some people masturbate with their hands or fingers. Other people like to do it other ways. Here are some pictures of different ways people masturbate. Do you do it any of these ways?



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Some people think that masturbating is bad for you, but it isn't. Your parents or grandparents might believe things they were told about masturbation when they were young—that masturbation would make bad things happen to people who do it. These things are not true.

Ask your mom or dad, or another grownup, what they heard about masturbation when they were children. Then ask yourself if you think these things are true. Have you ever talked to a friend or your brother or sister about masturbation? What do they have to say about it?

Privacy (Being Alone)

Most people like to be alone sometimes. Do you? Maybe you like to be alone for a few minutes every day. Maybe you only like to be alone once in a while. Do you have a room or a place where you can go and no one will bother you?



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If not, maybe you could ask the people in your family to help you find a time and place where you can be by yourself in your house or apartment.

Different people do different things when they're by themselves. Here are some of the things that kids like to do when they're alone:

- Read
- Burp
- Take a bath or shower
- Sleep
- Take off their clothes
- Write or draw pictures
- Scratch
- Masturbate
- Pick their noses
- Chew gum
- Daydream
- Cry
- Suck their thumbs
- Work on projects

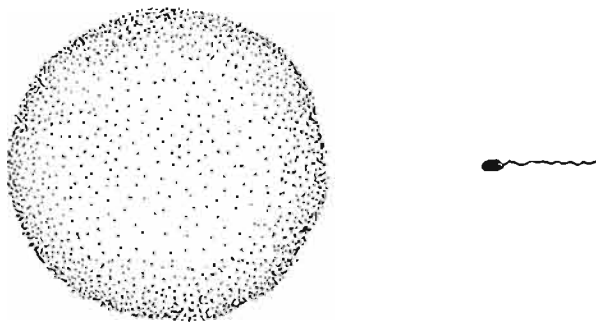
-36-

You can probably think of other things to do alone, too. Some of these are things you *can* do while other people are around. Some of these are things you might want to do only in private.



Sexual Intercourse

When grown-ups talk to children about sex, they sometimes begin by telling them about sexual intercourse. That's because sexual intercourse is the way the woman's egg and the man's seed get together to start a baby growing. *

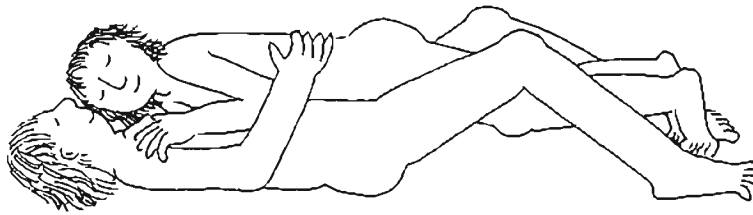


There's another reason why grown-ups like to have sexual intercourse, besides making babies: It feels good! A man and a woman might only have one or two babies in their whole lives, but they usually have sexual intercourse a lot more often than that. Like once a month or once a week or once a day or more.

* If a man and a woman want to have intercourse and they don't want to make a baby, they usually use some kind of *birth control*. You can ask your mom or dad or another grown-up to tell you about birth control.

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When a man and a woman want to have sexual intercourse, they snuggle and hug and kiss and touch until they're very "turned-on." The woman's vulva gets wet and slippery, and the man's penis gets very firm. Then, they hold their bodies very close together



and the man's penis slips into the woman's vagina. (The vagina is the opening behind the woman's clitoris and pee hole.) The man and the woman, or just one of them, move around. Sometimes the woman likes it if the man's hand or her hand touches her clitoris while they're having intercourse, since her clitoris is the most good-feeling place.

-40-

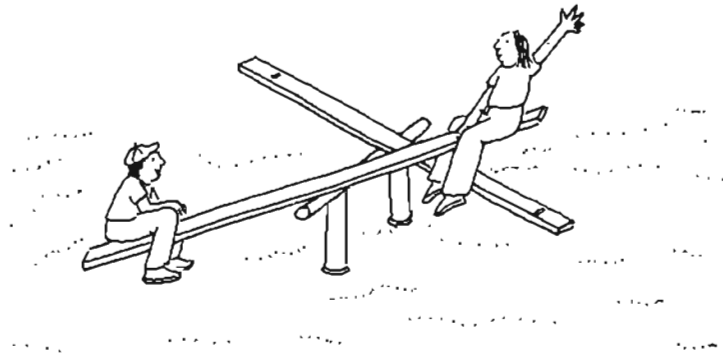
Sexual intercourse is one way for a woman and a man who like each other to touch each other's bodies and feel good. Can you imagine what sexual intercourse feels like? Do you think you'll want to have intercourse when you're older? What makes you think you'll like sexual intercourse? What makes you think you won't like it?

Some people use other words for sexual intercourse, like "going to bed together," or "making love." Do you know any other words for sexual intercourse?

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Partners

Maybe when you get to be a teenager (or maybe when you're a little younger), you'll notice that you feel especially sexy when you're with a certain person. Or, there may be several of your friends that you feel sexually excited about when you look at them, or touch or hug or kiss them. The people you feel that way about may be boys, or girls, or maybe some of both.



-42-

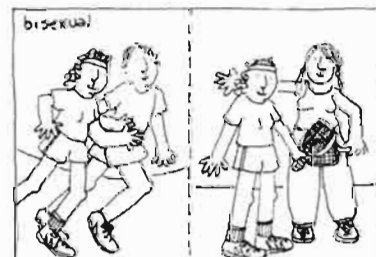
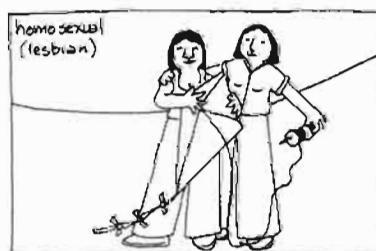
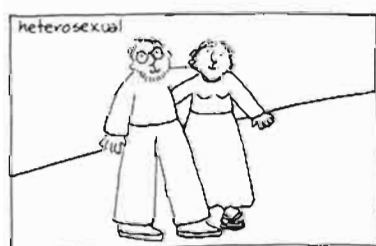
When you feel those sexual feelings, you might like them, or you might feel a little scared of them, or they might make you giggle! Is there anyone you especially like to be with or snuggle with?



When two grownups have those special sexual feelings about each other, they may choose each other as sexual partners. Sometimes they choose someone who's the same sex as they are, and sometimes they choose someone who's the opposite sex.

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Big words are sometimes used to name people by the sex partners they choose. Even though it's not nice to describe people by labels like these, we put the names with these pictures so you'll know what they mean when you hear them.



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Sometimes, shorter names are used to mean the same things. Those shorter names are "straight," "bi," and "gay." Do you know which shorter name goes with which long name?

Some people think it's wrong for people to be homosexual or bisexual. Some places even have laws against it. Many other people think that anyone should be allowed to have sex with anyone else if both people want to do it, and they do it in private. Of course, straight people and gay people do a lot of other things besides have sex.

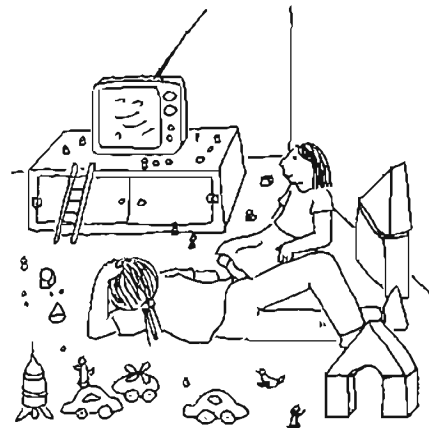
Some people think that straight people are the only ones who are "normal" or "regular." What do you think?

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Being Together

Here are some of the things that two people who like each other might do together. Which of these things can two people of the same sex do together? Which of these things can two people of the opposite sex do together?

- Play games
- Sleep in the same bed
- Eat meals or snacks
- Go to the movies
- Make a baby
- Go hiking
- Have sexual intercourse
- Live together



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- Talk to each other
- Build something
- Raise a child
- Watch TV
- Touch each other's bodies
- Listen to music
- Hug and kiss
- Go on vacation



What kind of person do you think you'd like to have as a sexual partner when you grow up? What will he or she look like? What will he or she act like? What will he or she be like? Like anyone you know?

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Learning More About Sex

Did this book tell you *everything* you wanted to know about sex? Probably not! Why don't you write down any questions you have so you can ask your mom or dad or someone else. If someone is reading this book with you, maybe *they* know the answers to *all* your questions!



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