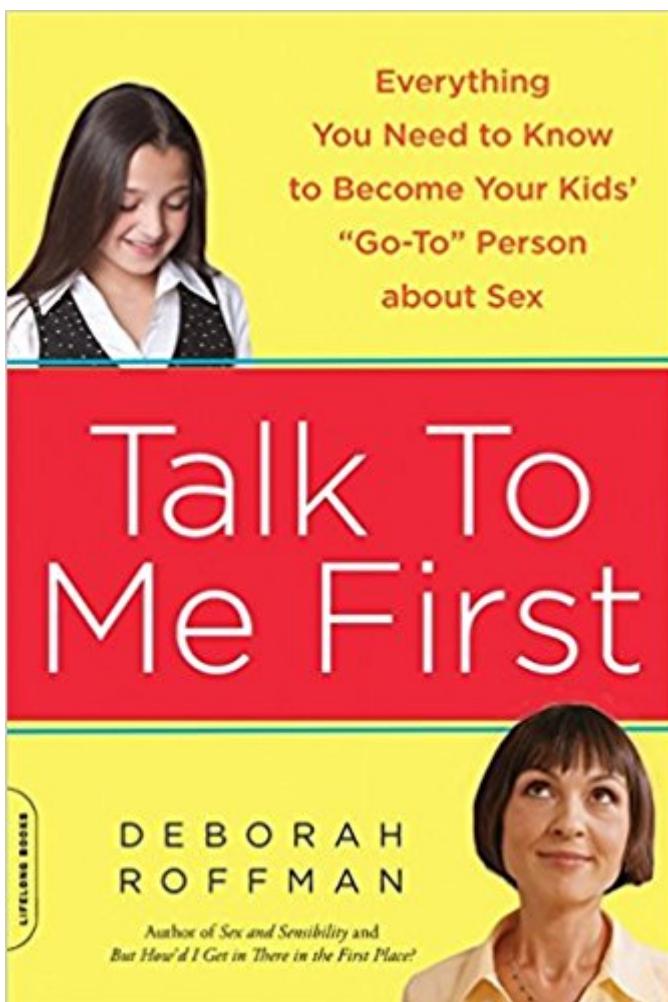


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# **Talk To Me First: Everything You Need To Know To Become Your Kids' ""Go-To"" Person About Sex**



## Synopsis

We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; "sexting" and bullying are on the rise at an increasingly younger age, and teen moms are "celebrified." What is a concerned--and embarrassed--parent to do? With wit, wisdom, and savvy, Deborah Roffman translates her experiences gleaned from decades of teaching kids and parents, and as a mom, into strategies to help parents navigate this tricky terrain. *Talk to Me First* is for any parent who wants to become and remain the most credible and influential resource about sexuality in their children's lives.

## Book Information

Paperback: 296 pages

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Average Customer Review: 5.0 out of 5 stars 16 customer reviews

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## Customer Reviews

Sex educator Roffman encourages parents to "stay ahead of the media tsunami" and take their rightful place partnering with schools as the "go to person" when it comes to educating their kids about sex. For Roffman, human sexuality is the "richest, deepest, and most extensive" subject there is, and one can clearly sense her joy and exuberance in addressing her subject. But, she says, many parents are fearful and squeamish about talking with their kids about sex, which leaves the topic up to media outlets, advertisers, merchandisers, and others who are engaged in the "adultification" of children, without their best interests in mind. Roffman stresses that talking to kids about sex in a "sensible, normal and matter-of-fact" way is the goal, but first parents must overcome their own fear of using the words and talking the talk. She suggests that parents don a metaphorical "five-piece suit" and get to work, addressing five

core issues of affirmation, information, clarity about values, setting limits, and anticipatory guidance. Roffman's frank and vibrant pep talk will give parents the inspiration and tools needed to tackle the subject of sex with their kids.

Kirkus Reviews, 7/15/12 "An informative, helpful guide for parents contemplating how to talk to their children about the birds and the bees." In utilizing this important guide, parents can reclaim the sexual education of their children instead of surrendering it to the influence of misguided media advertisers. Roffman's cleareyed text and non-clinical delivery makes the slippery slope of sex education less daunting. • Metro New York, 6/26/12 "A guide to the talk in the 21st century."

Every family should have this book! It is all about how we communicate in ALL areas of conversation not just when it comes to sex! Deborah lays specific areas in communication that I need to lay out with my kids and I follow them and they WORK! I also find that they work in all my relationships...personal and business!Affirmation, Information, Clarification and Values, Boundaries and Limits, Guidance... I have them memorized, I practice and get the response that I would like to have... AMAZING!!!

Bought for a parenting group

Even if it's too late, read this. You can finally look at how your parents/teachers/preachers botched your sex education, and how you survived. A thousand things that were never clear can be clear, even now while you are still alive.

I recommend it to all the parents! It answered a lot of my questions and taught me how to talk to my kids about sex.

Very informative--a bit redundant at times but maybe necessary since the topic is so important. Definitely would recommend!!!!

Great book!

Deb Roffman is just awesome! I am a sex educator and recommend this book to parents all the

time. Another great book by an amazing author/educator.

The author offers clear advice on how to explain. Great information mixed with funny anecdotes. I highly recommend this for any parent!

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Dirty Talk Examples: Two Books in One: The Best Sex Positions Ever, How to Talk Dirty, and Kama Sutra 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam)

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