

Title: IT'S THAT EASY: Understanding Your Child's Change

YouTube Link: <https://youtu.be/GDy9yf0kraU>

Video Description:

[VD: In the beginning of the video, there is a white woman with brown curly hair, Bethany, standing in the front of a queen-sized bed. During the narration, Bethany is still standing in the main bedroom. There is a time-lapse video clip of a family interacting. Later on in the video, there are two clips of a Dad connecting with their son, discussing consent. During the ASL lesson, a person is teaching ASL in front of a grey background while a blue column on the left side of the screen shows white text (ASL vocabulary).]

Transcript:

Bethany, signing:

"When your child begins to experience changes, sexual developmental change can feel awkward for your child and even you. That's okay! You are not alone. There are ways for you to support your child as you both navigate through this new experience. Throughout our lives, we experience a host of physical, emotional, social, cognitive, sexual and behavioral changes.

It's very natural for young children to be curious about the changes that are taking place in their bodies and the differences they see between themselves and others. They have a lot of questions about their sexual development just as they have a lot of questions about other parts of their lives. As they get older, their curiosity turns to concerns. Adolescents may struggle with the all-consuming questions, "What is happening to me?" and "Am I normal?" Validation and assurance is critical as you support their development. They need assurance that the changes taking place are a natural and necessary part of growing up. The questions children ask change with age, as do the answers we give them.

Do not assume that all children ask the same questions. Some may not. Some children may seek detailed answers as some may look for simple answers. As part of your connectedness, paying close attention to your child will help you understand what they are looking for. As you become more and more connected with your child, you will figure out the type and amount of information your child needs. There are resources to help you to get familiar with normal patterns of development from birth to 18. With this knowledge and confidence, you will be able to calm your own fears, recognize when concern is appropriate and relax enough to enjoy the developmental process as it evolves. Certainly, there is a wide range of 'normal' in developmental patterns and timeframes. An individual child's experience may be different from other children at their age. If you are concerned with your child's development, check in with your primary doctor. Whenever and whatever you are asked a question, take a deep breath, [takes a deep breath]

Yell them you are glad they've asked, and think about the following questions as you respond. "What is my child really asking?"

Approach the question from the child's point of view.

"How do I feel about it?"

"What message(s) do I want to give?"

"What does my child already know?"

"What information do I need to know?"

"How can I communicate my values?"

Guess what? Even the most prepared parent doesn't get it right all the time- you won't always know the answer or say what you wish you had said.

It is always okay to say, "I do not know" and follow-up later.

It is also always okay to go back to your child with a different response once you have had the time to think about what messages and information you would like to share.

The earlier you have conversations with your child, the easier it is to continue them throughout childhood and adolescence. It is harder to start when children are older, but it is never too late to start. The key is to continue the dialogue about sexual developmental change. No matter what age.

A parent conversing with his son, "Is the dog okay with you changing their clothes?"

Kid replies, "Yes."

Dad: "Go ahead and help them to put their shirt on. Who can help you change your clothes?"

Kid, "Umm... \*mumbles\*"

Dad, "Yes, the dog can. Can I change your clothes?"

"Yes."

"Ok, I can. Who else can help you change your clothes?"

"Grandma. Grandma can help you change your clothes. May I adjust your collar on your shirt?"

"No."

"You don't want me to? That's okay!"

The kid and his dad are sitting on the floor playing with a stuffed monkey.

Dad, "See? Is the monkey saying yes or no?"

Kid, "I saw it saying yes!"

Dad, "Oh, it is saying yes? Do you want to give it a shirt?"

Jakiya, signing:

"Hi! I'm Jakiya, here's my sign name. Welcome to our mini ASL lessons!

I'm excited to teach you some signs on human anatomy and consent with self-exploration. In this lesson, we will learn signs that will provide your child language as they are navigating through their sexual developments and understanding their bodies. Are you ready to learn with us? It's that easy! You got this!"