The Refrigerator List

1. They’re just words. Practice saying them!
2. Raising sexually healthy children begins at birth.
3. Remember to look at the world through kids’ eyes.
4. Questions about origins are not about sex!
5. Curiosity about people’s bodies is normal.
6. No, you don’t have to wait until they ask.
8. There’s no one right way to be a girl or boy.
9. All sexes and genders deserve respect.
10. Advocate for sexuality education for all kids.

And, remember, you can’t “blow it.” Children are always there again in the morning, so parenting is always a do-over!

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