

This book and *A Kid's First Book About Sex* (for somewhat younger 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.

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Joani Blank

Author and Publisher Emerita of Down There Press.



# The playbook for kids about sex



words by Joani Blank  
pictures by Marcia Quackenbush

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## What This Book Is About

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

Also, this book doesn't talk 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. Babies and baby-making are a very important part of sex, but there are lots of good books about making



babies and not very many about the rest of sex. So this book is just about the other parts of sex besides making babies.

The most important other part of sex is how you feel about yourself. So there is a lot in here about you alone, not with anyone else. Another different thing about this book is that you will write a lot of it. I wrote my part already and Marcia drew the pictures that are already here. Now you can write and draw your part. We have put in lots of boxes to make checkmarks and lots of lines to write on, but this isn't a school test or workbook so you can write and draw wherever you want to. And you check as many things as you want.

Maybe you will write in pencil so you can read it again in a week or month or year and change things if you want to. If you have trouble with any of the words or ideas, you can ask the person who gave you the book or someone else for help. If you read and write very well, maybe you can help a younger girl or boy with the book, like your brother or sister or cousin or friends.

If you want to, you can show this book to your mom or dad or some other grown-up. But you don't have to show it to anyone if you don't want to. (They probably read it before they gave it to you anyway.)



REMEMBER! . . . YOU CAN KEEP THIS BOOK ALL TO YOUR-  
SELF OR YOU CAN SHOW IT TO OTHER PEOPLE. IT'S UP  
TO YOU.

Did someone give you this book? Yes. It was:

- my mother
- my father
- my aunt or uncle
- my teacher
- my grandma or grandad
- someone else

I want to read this book because:

- it's about SEX
- it looks different from other books about sex
- it's a do-it-yourself book
- other reason

I don't want to read this book at all

Maybe I'll just look at it but not write or draw anything in it  
now. (You can change your mind later.)

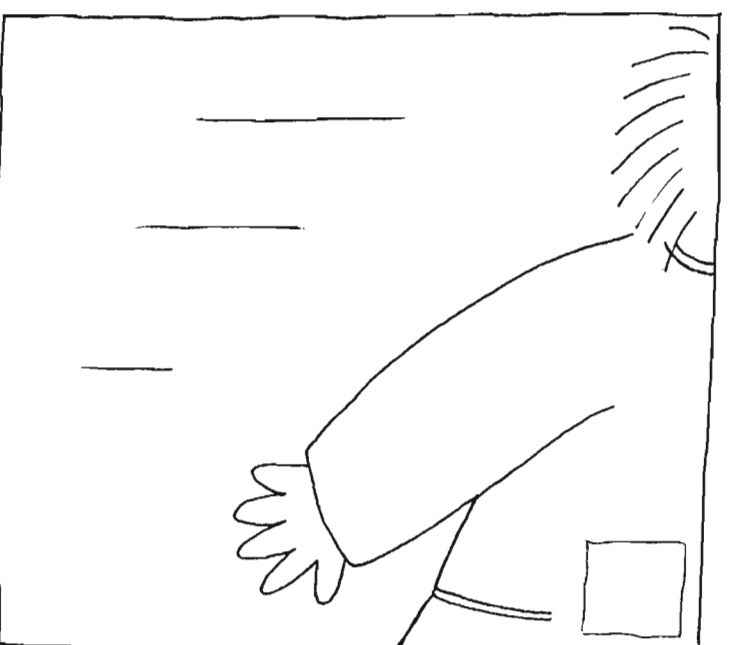
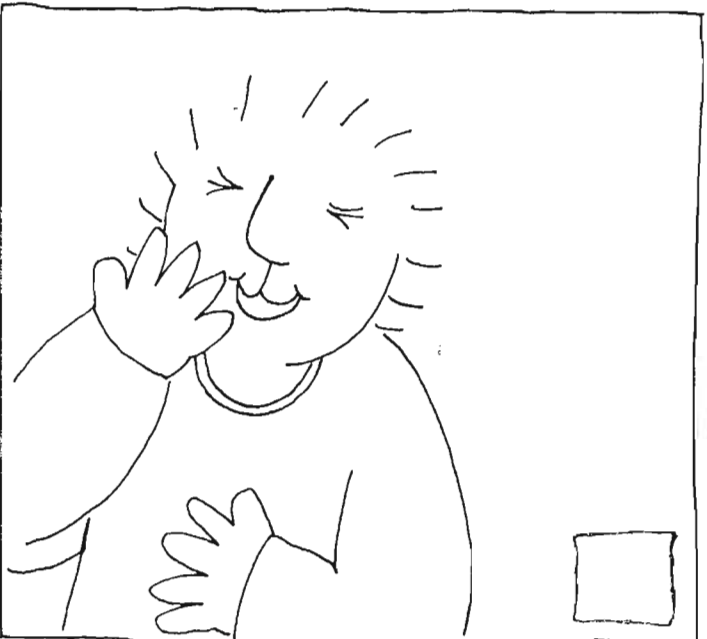
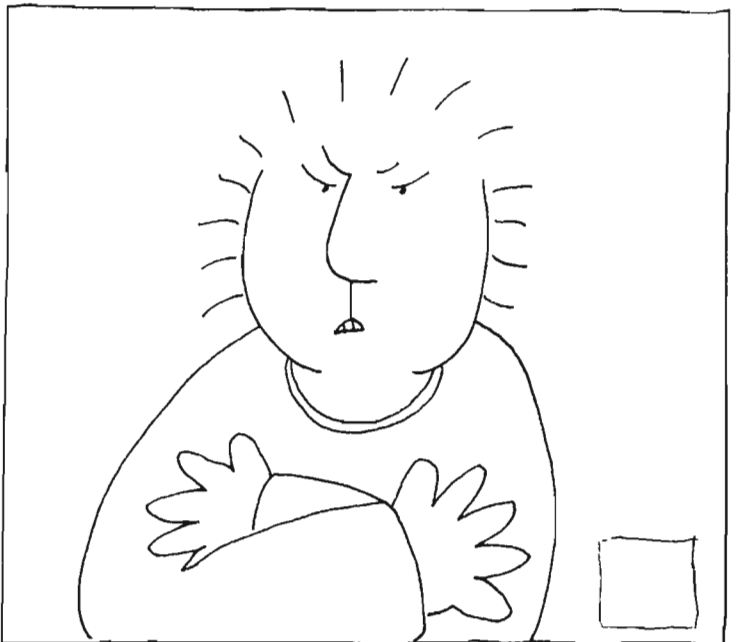
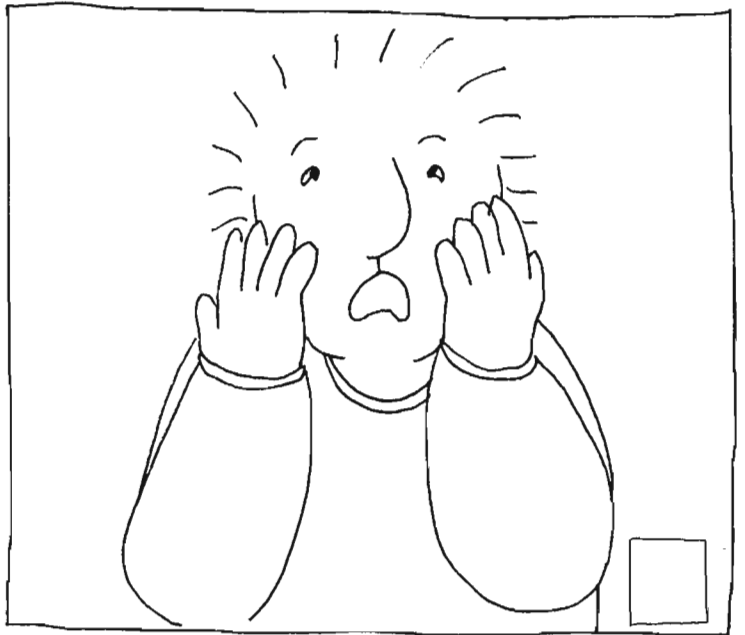
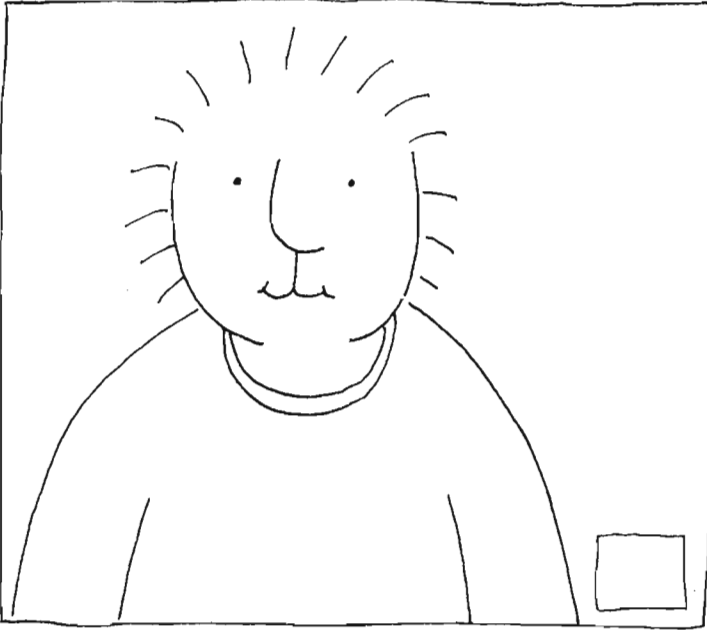


Why do you think the grown-ups in your life might want you to read this book?

- They think it will help with the talks we already have about sex.
- They don't know very much about sex.
- They do know plenty about sex but they don't know exactly how to tell me.
- They sometimes talk to me about sex, but they look so awful when they answer my questions that I don't ask much.
- They are worried that if they tell me too much, I'll start practicing before I'm old enough.
- They want me to learn about sex even though I'm not interested in it.
- Some other reason

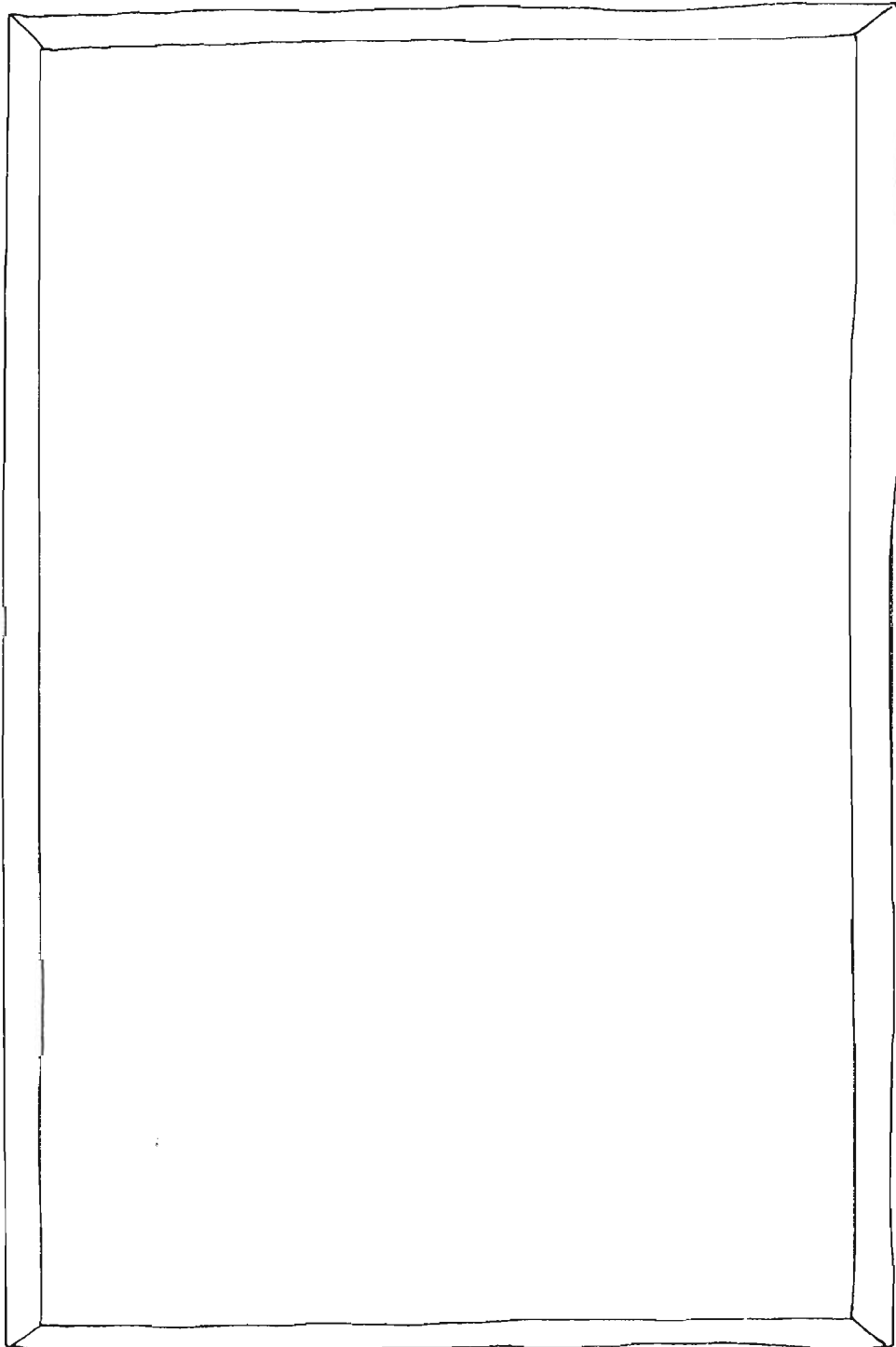


When I talk to my parents or other grown-ups about sex, they usually look like this:



## My Body

Go into a room where there is a big mirror and close the door. Take off all your clothes and look at yourself in the mirror. Then draw a picture of your whole body here:



What parts of your body do you like the most and why do you like them?

I like my \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I like my \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I don't like any parts.

What parts of your body do you hate the most and why do you hate them?

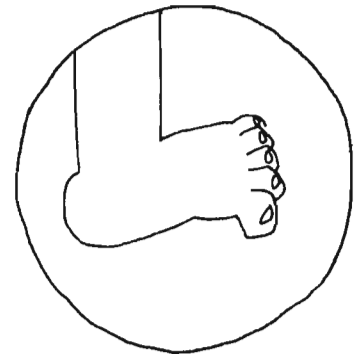
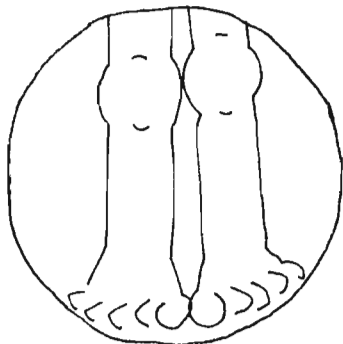
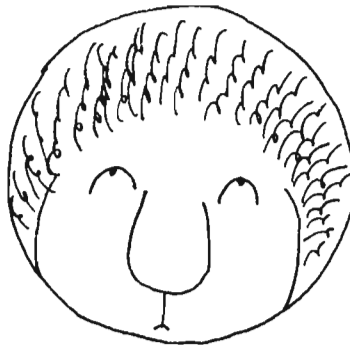
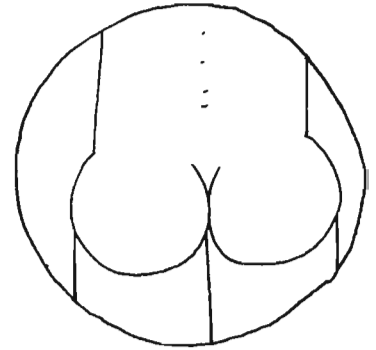
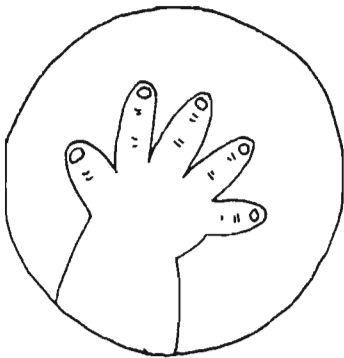
I hate my \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I hate my \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I don't hate any parts.



## Nudity (Being Naked)

Do you like to walk around your house or apartment with no clothes sometimes?

yes     no     only when I take a bath

Are there other places you like to be naked sometimes?

no     yes, those places are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I don't mind if this person sees me naked \_\_\_\_\_

I don't want this person to see me naked \_\_\_\_\_

I don't care much who sees me naked

If you don't like anyone to see you naked any time, check this box.

Put here the names of some people that you've never seen naked but you would like to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_







## Sex Parts

Some parts of your body may feel especially good or sexy when they are touched. They are between your legs and are 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 are not the only sex parts that people have. Boys also have testicles and girls also have vaginas. Vulva is a word meaning all of a girl's sex parts.

The underlined words are Latin words. Most people also know other words for sex parts. Write here all the different words you've heard for boy's and men's sex parts. (It's okay to write words you've heard are not nice.)

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Write here all the different words you've heard for girl's and women's sex parts. (It's okay to write words you've heard are not nice.)

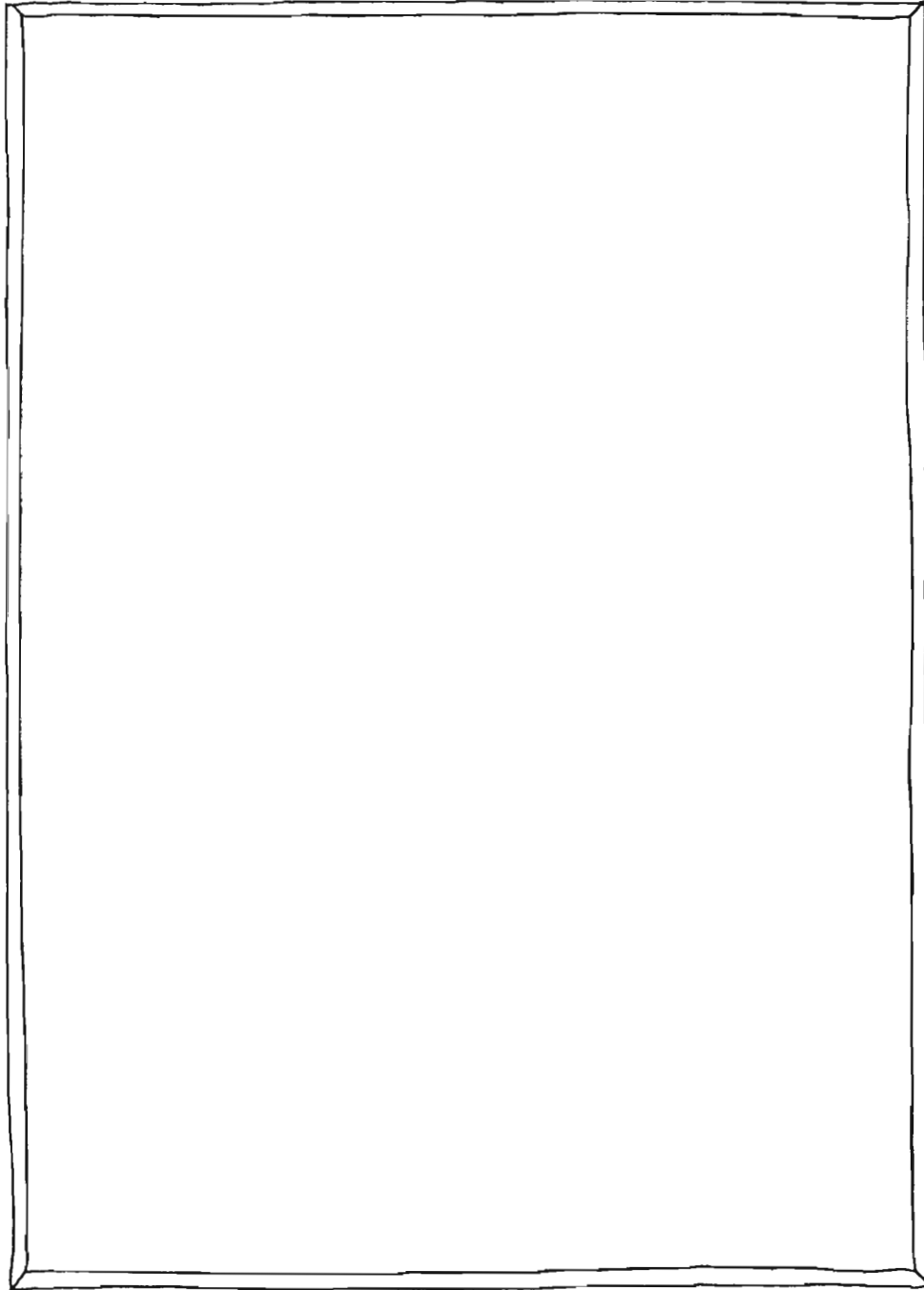
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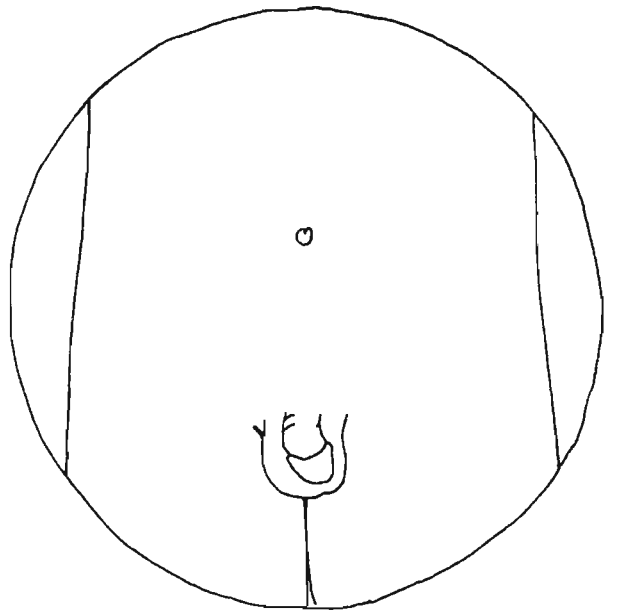
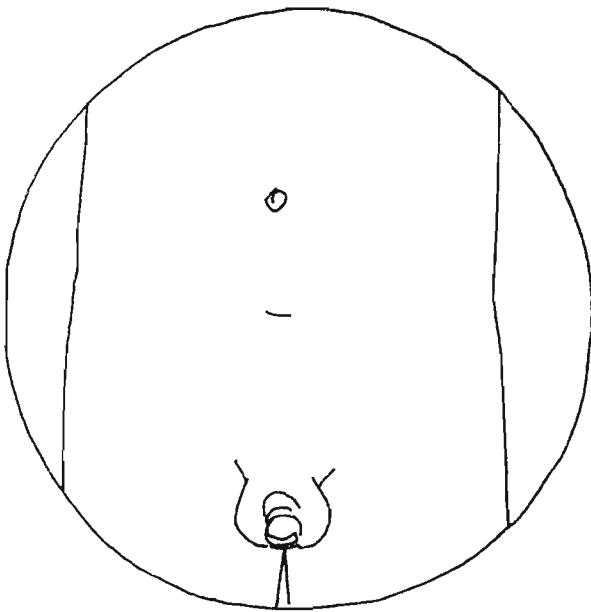
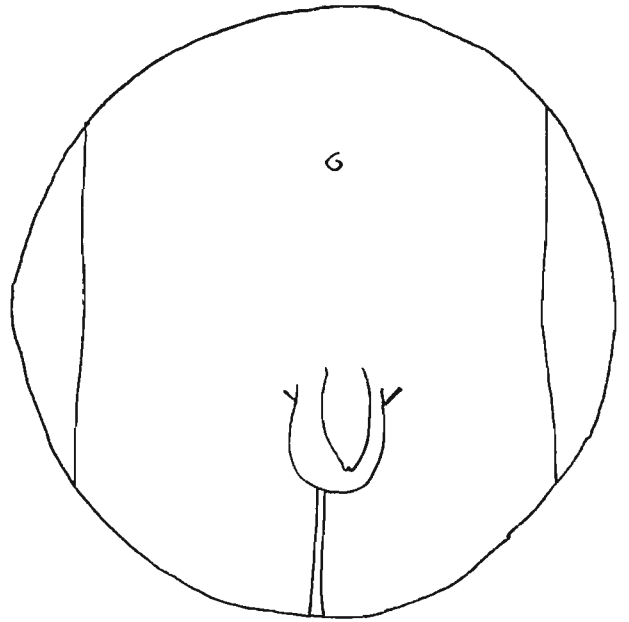
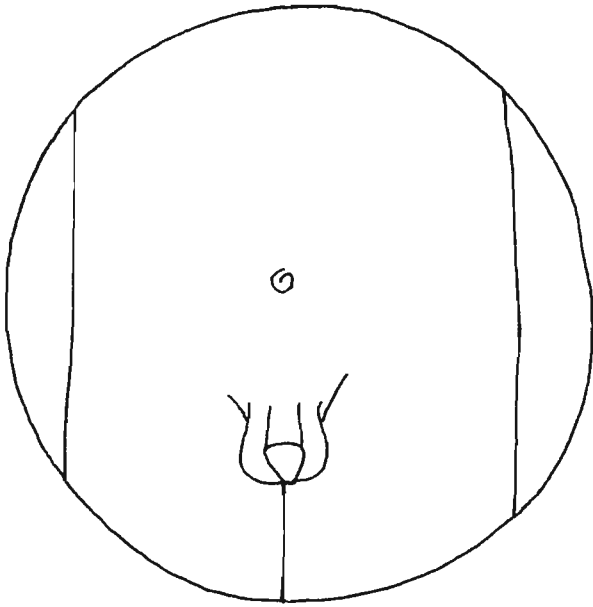
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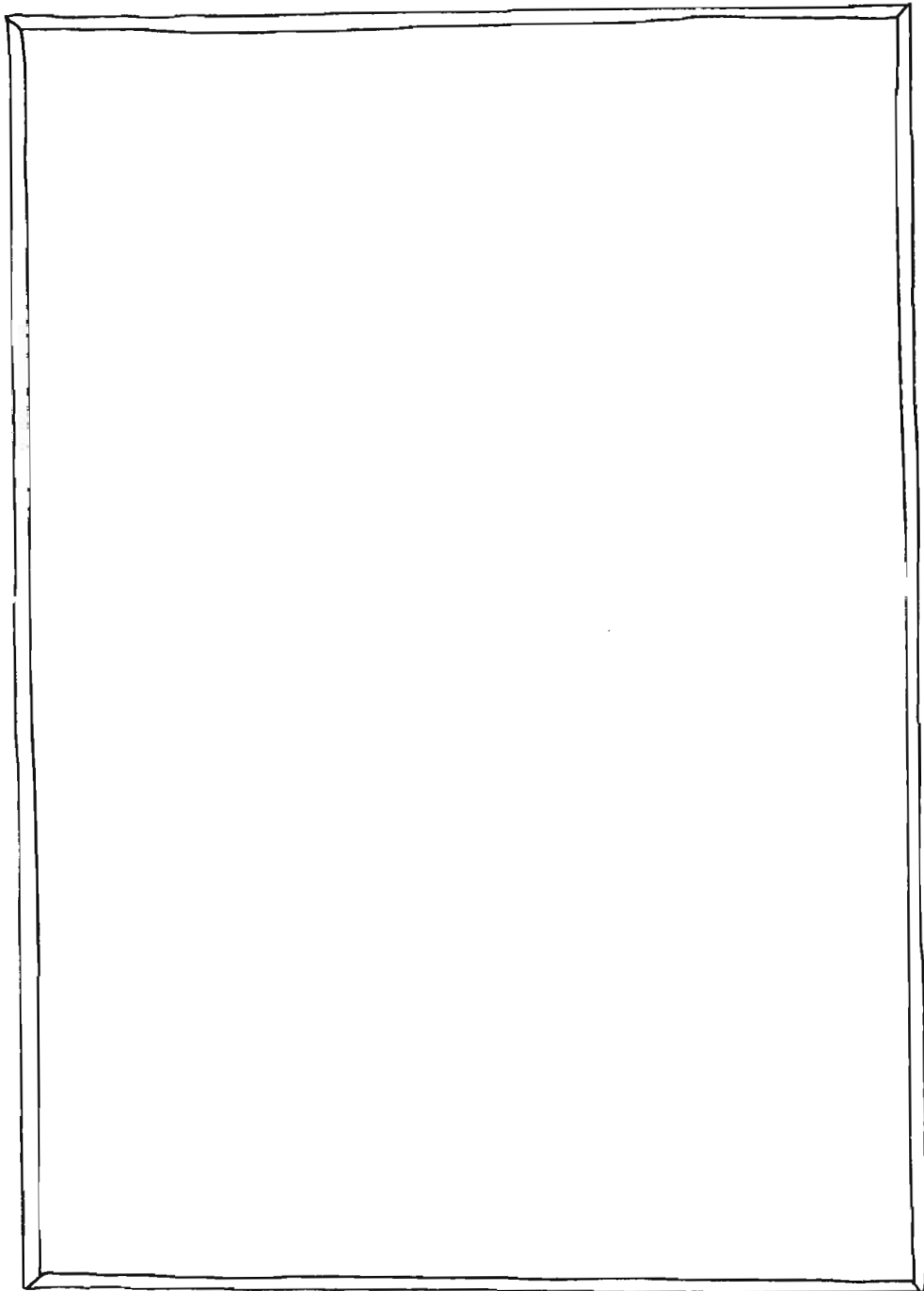
Every boy knows where his penis is. If you are a boy, draw a picture of your penis and your other sex parts here. It's okay to look in the mirror if you want to.



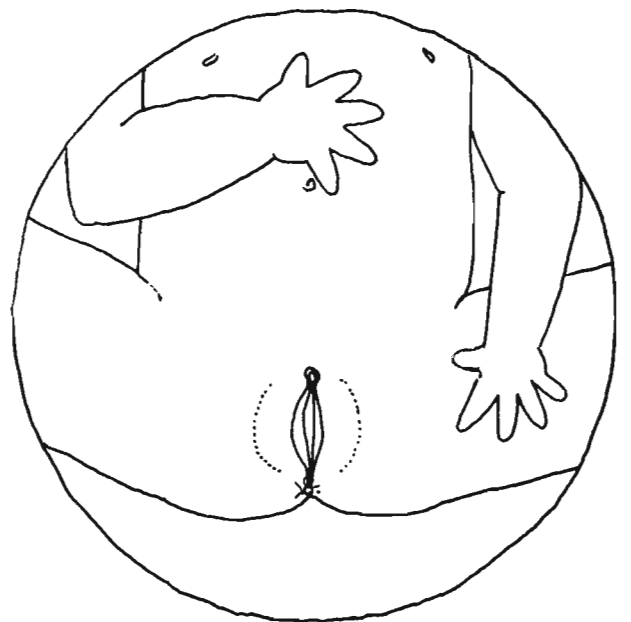
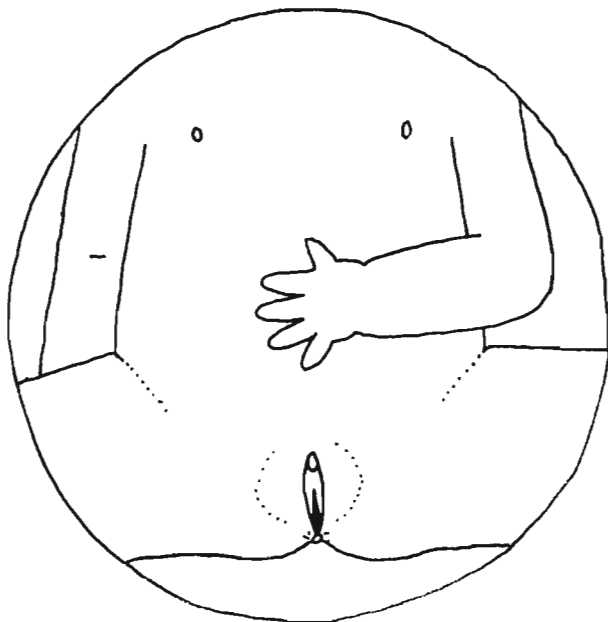
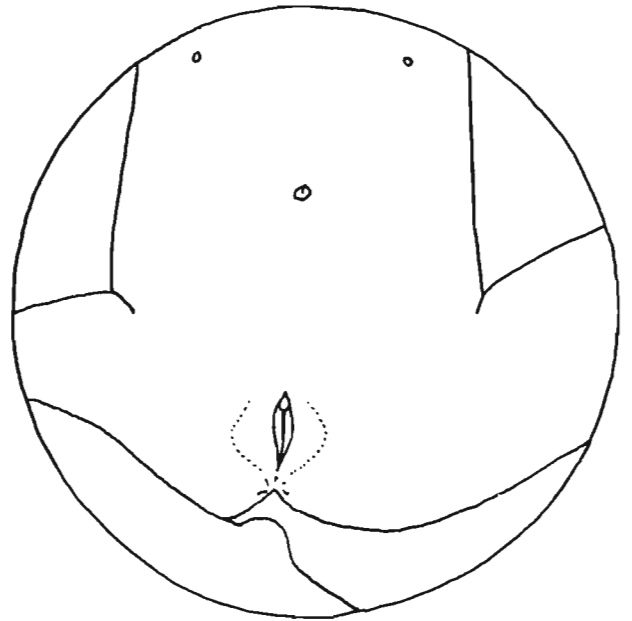
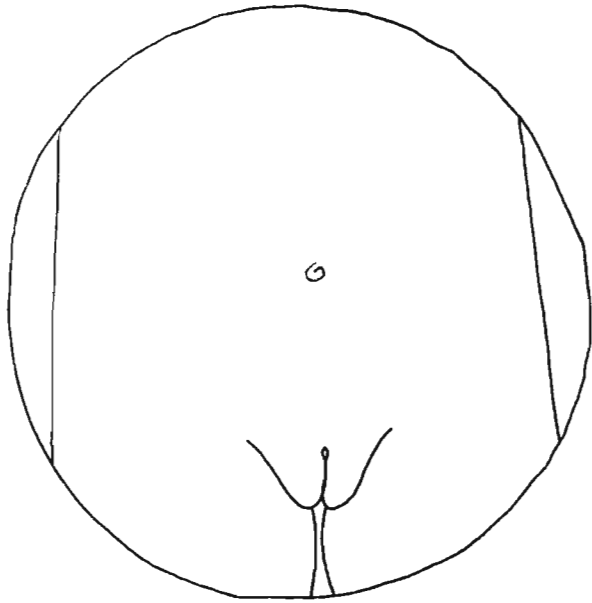
Here are some drawings of boys' sex parts. Do any of them look like yours?



If you are a girl, you will 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 gently around until you find the most sensitive (or ticklish) spot. That's it! Draw a picture of your clitoris and your other sex parts here.

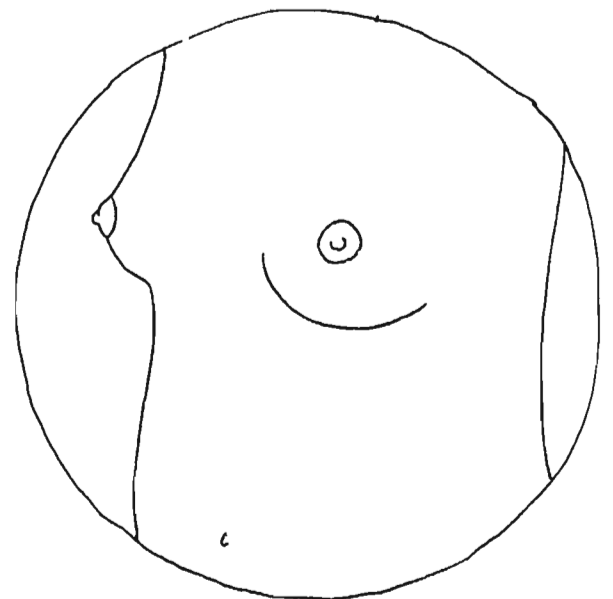
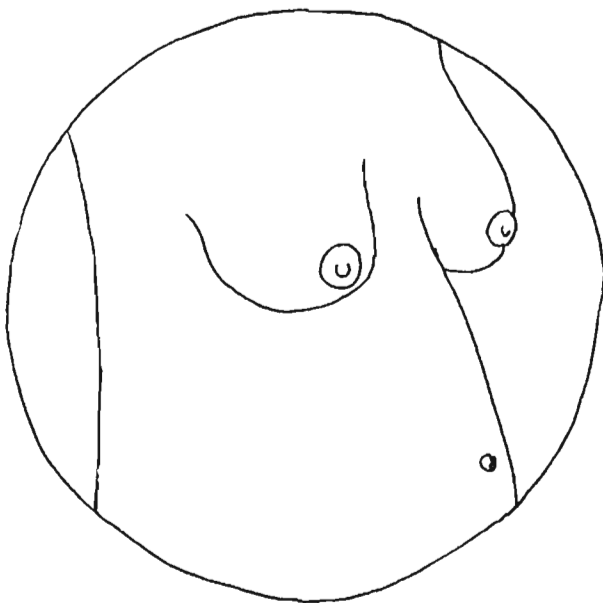
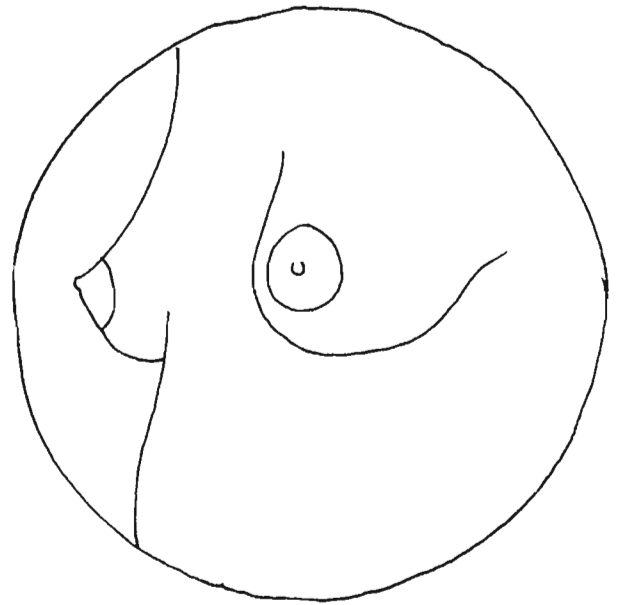
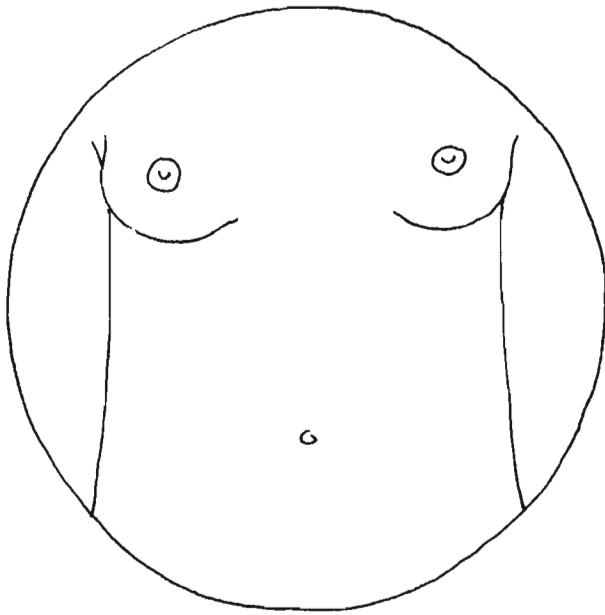


Here are some drawings of girls' sex parts. Do any of them look like yours?



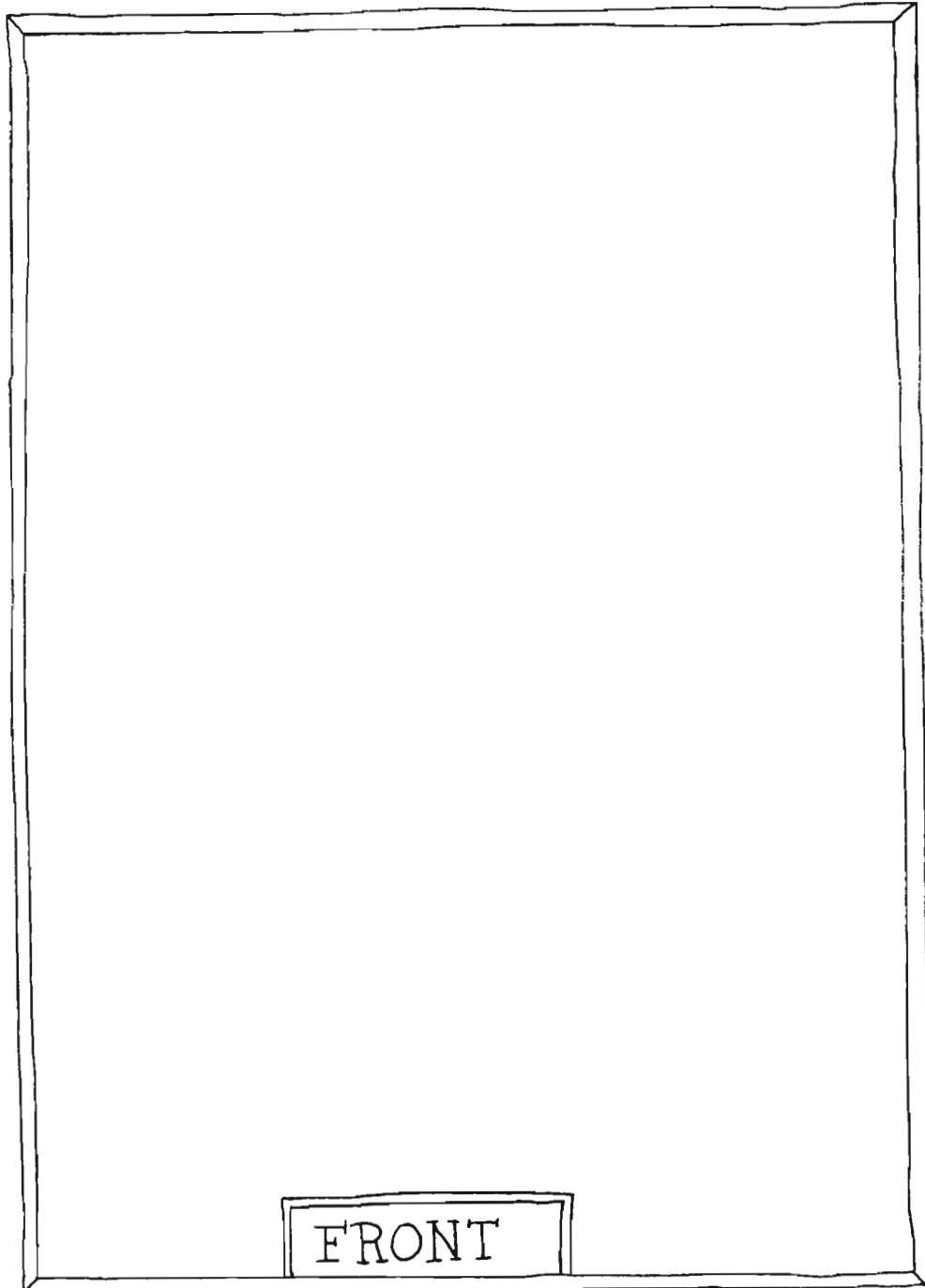
Maybe you also think of breasts and nipples as sex parts. A woman has breasts so that she can feed her babies. But many women say that their breasts and nipples feel so good when they are touched that they count as sex parts too.

Most girls' nipples look pretty much the same, but grown-up women and teenagers have lots of different shapes and sizes of breasts and nipples.



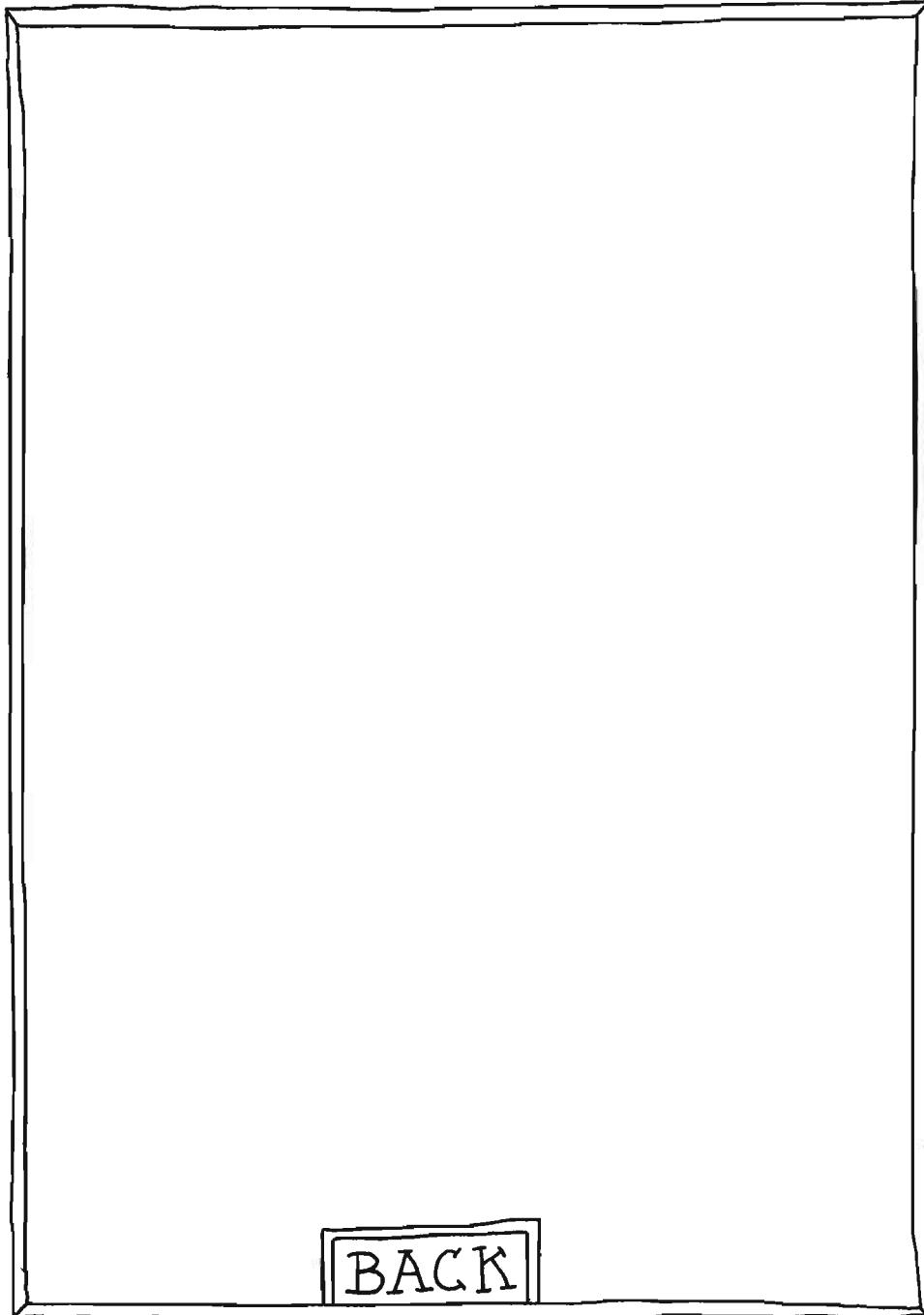
# Touching

On these two pages, draw two more pictures of your whole body. Make one picture of your front and one picture of your back.



Color in all the places on your body that feel good when you touch them yourself.

With another color, color in those places that you like other people to touch.



If you don't like to touch yourself at all check here

If you don't like anyone else to touch you at all, check here



How much do the people in your family touch you usually?

- too much
- too little (not enough)
- just about right
- hardly at all

What are the different ways that people in your family and your friends touch you?

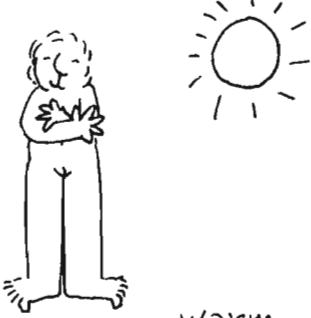




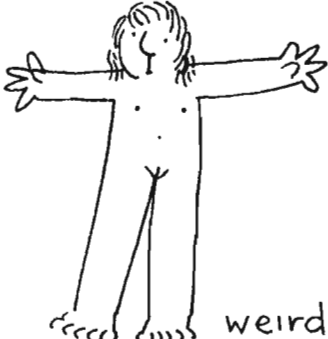


- |                                  |                                  |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> stroke  | <input type="checkbox"/> rub     |
| <input type="checkbox"/> squeeze | <input type="checkbox"/> massage |
| <input type="checkbox"/> pinch   | <input type="checkbox"/> kiss    |
| <input type="checkbox"/> tickle  | <input type="checkbox"/> hit     |
| <input type="checkbox"/> hug     | <input type="checkbox"/> scratch |
| <input type="checkbox"/> slap    | <input type="checkbox"/> snuggle |
| <input type="checkbox"/> wrestle | <input type="checkbox"/> bite    |

Do any of those kinds of touch feel sexy to you sometimes?



If an older kid or grownup touches you a lot when you don't feel okay about being touched, you should tell another grownup about it (even especially if the person who is bothering you says not to tell).

How does a sexy feeling feel to you?

<input type="checkbox"/>  warm	<input type="checkbox"/>  tickly	<input type="checkbox"/>  excited
<input type="checkbox"/>  happy	<input type="checkbox"/>  giggly	<input type="checkbox"/>  weird
<input type="checkbox"/>  just different	<input type="checkbox"/>	<input type="checkbox"/>  I don't know

If you aren't sure what a sexy feeling feels like, check here.

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

all over

## Feeling Sexy

Feeling sexy is sometimes called being "aroused" or "excited" or "turned on." Lots of things make people feel turned on. Like thinking sexy thoughts, seeing a sexy person or touching their own body. Many people get especially turned on when they are touched by someone they like or love, or when they touch that person.

When boys and men get sexually excited, their penis gets firm and bigger. If you are a boy, did you every notice your penis get firm and bigger?

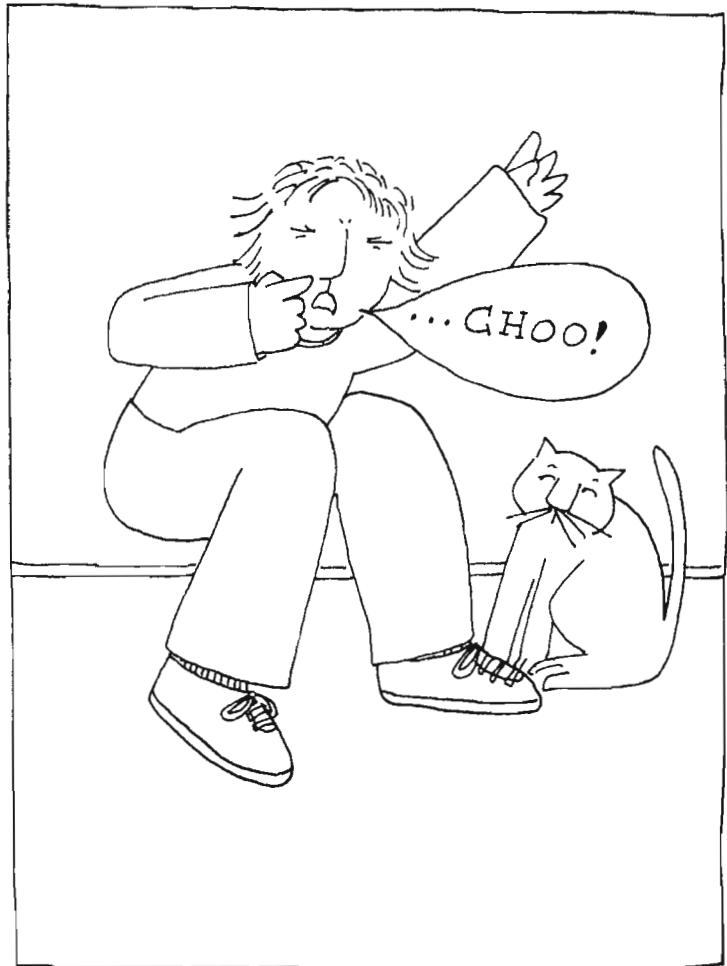
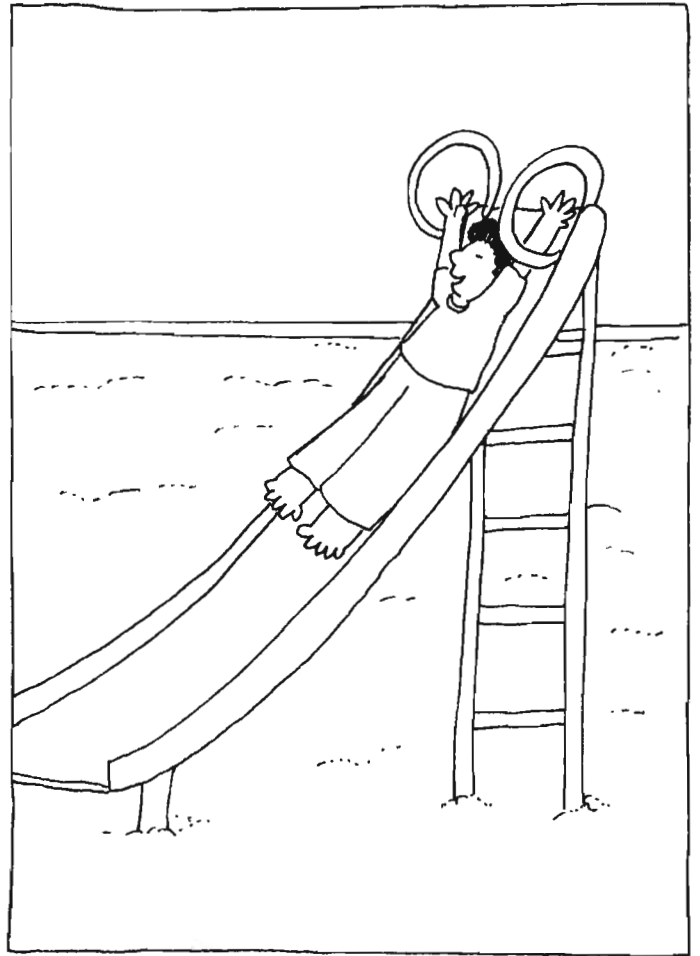
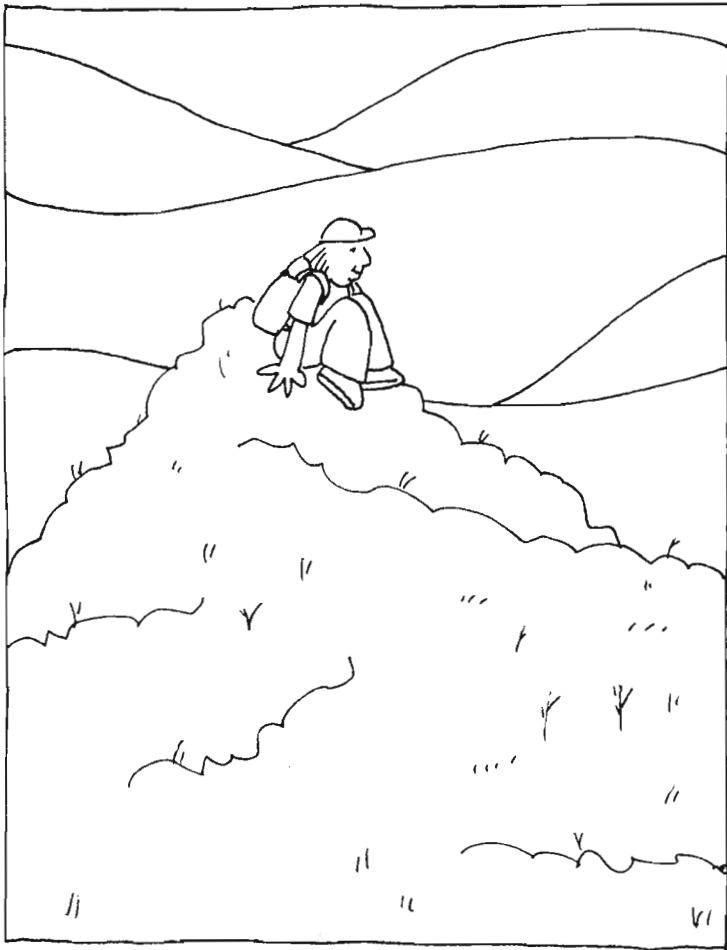
yes     no     I'm not sure

When girls and women get sexually excited, their vulva or vagina gets wet and slippery and their clitoris gets bigger. If you are a girl, did you ever notice your vagina get wet and slippery?

yes     no     I'm not sure

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." It's pretty hard to describe but it's 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.
- ★ sneezing after your nose has been tickling.
- ★ peeing after you've had to wait all morning.



Some kids start to have orgasms when they are very young; others don't have them until much later.

Did you ever have an orgasm?



Yes, once or twice



Yes, all the time



I'm not sure



No, not yet



I don't care

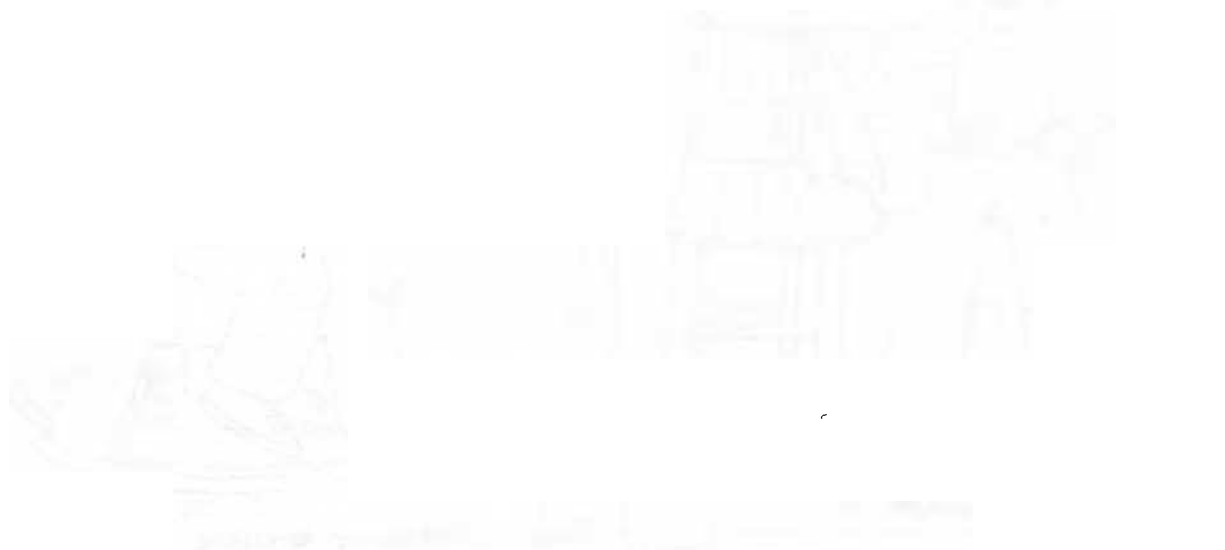
## **Masturbation (Touching Yourself to Feel Good)**

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 or not you have orgasms. It's a pretty big word for something almost everybody does. Did you ever hear any other words for masturbation?

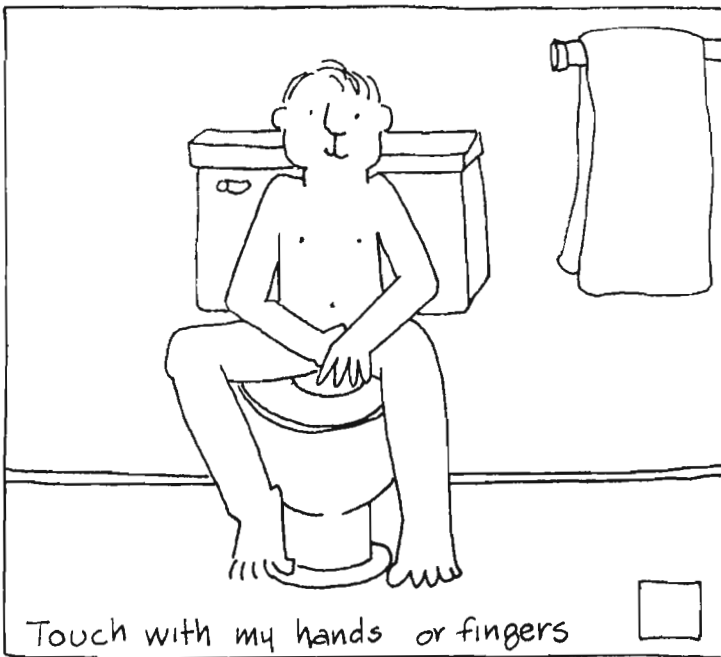
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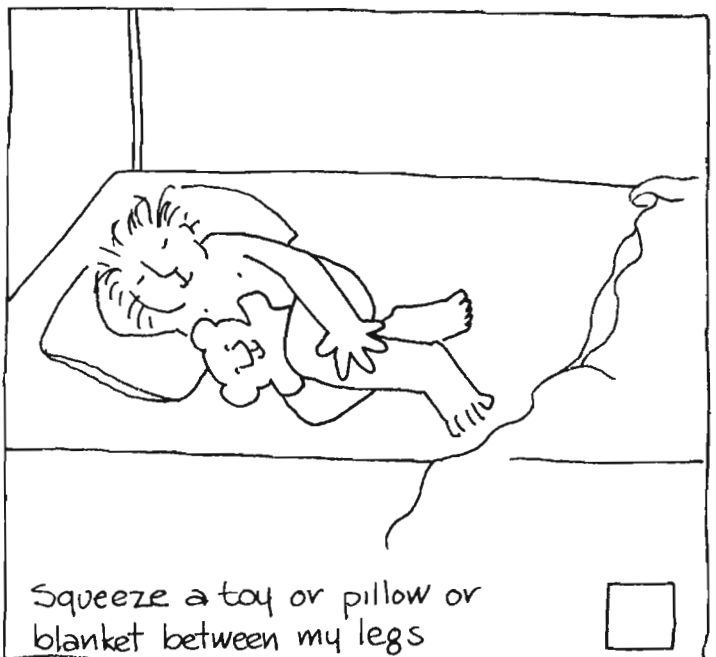
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Some people masturbate with their hands or fingers. Other people like to do it other ways. Do you ever do it any of these ways?



Touch with my hands or fingers



Squeeze a toy or pillow or blanket between my legs

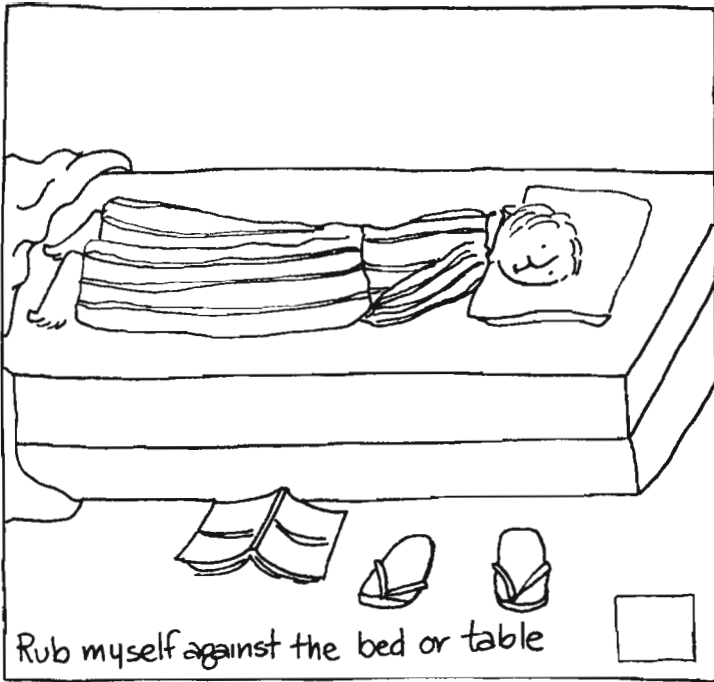


Pull my clothes tight around my sex parts

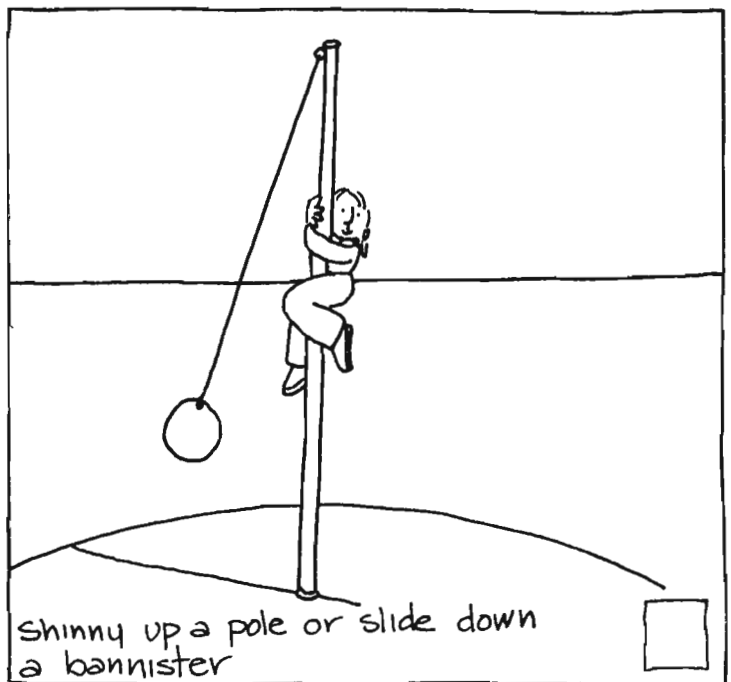


Ride a horse or bicycle

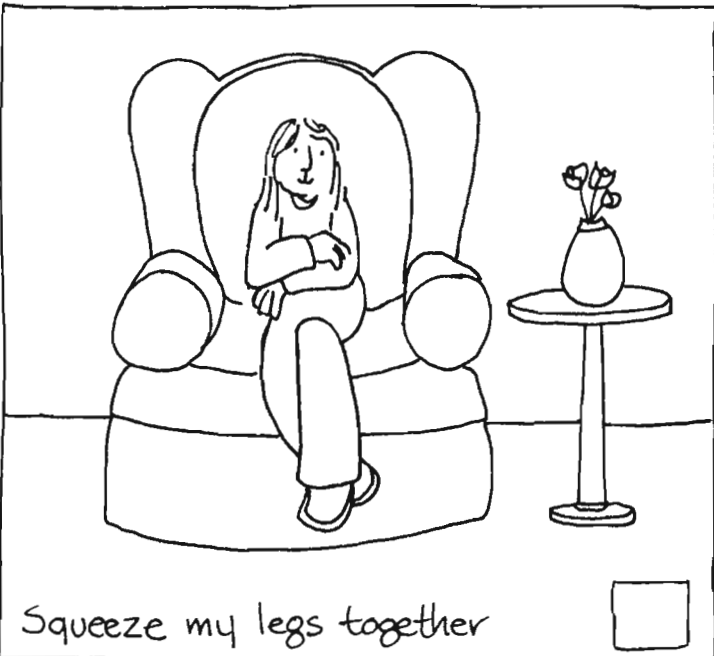




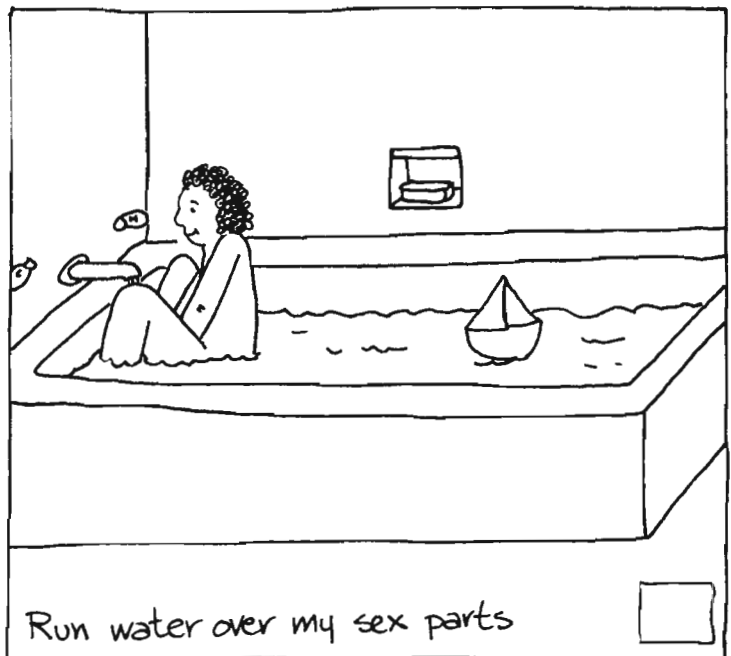
Rub myself against the bed or table



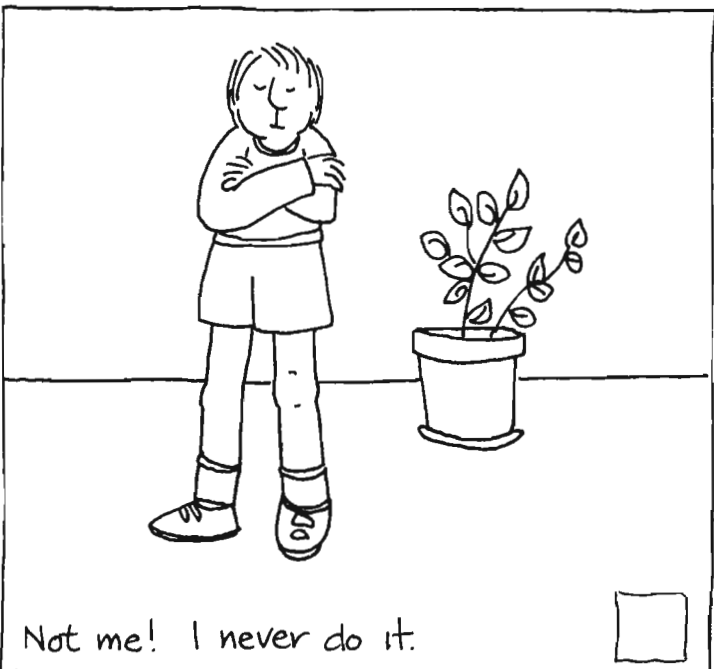
Shimmy up a pole or slide down a bannister



Squeeze my legs together



Run water over my sex parts



Not me! I never do it.

Did anyone ever tell you not to touch yourself or your sex parts?

No                       Yes

I don't remember

Some people think masturbation is bad for you, but it isn't. When people who are adults now were younger, maybe they heard that all kinds of things would happen to people who masturbate. These things are not true.

Ask your mom or dad or another grown-up what they knew or heard about masturbation when they were your age. Write it down here:

Do you believe any of these things?

yes

no

some of them

Did you ever talk to your friends or your brother or sister about masturbation?

yes

no

sort of, but not exactly

What did you and your friends say about it?



# What Is Sexy?

Which of these people are sexy people?

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> all grown-ups                       | <input type="checkbox"/> boys and men |
| <input type="checkbox"/> married people                      | <input type="checkbox"/> movie stars  |
| <input type="checkbox"/> teenagers                           | <input type="checkbox"/> kids my age  |
| <input type="checkbox"/> old people                          | <input type="checkbox"/> rock stars   |
| <input type="checkbox"/> babies                              | <input type="checkbox"/> people on TV |
| <input type="checkbox"/> girls and women                     | <input type="checkbox"/> everybody    |
| <input type="checkbox"/> other people. What kinds of people? |                                       |



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

- enjoys touching people and being touched by them.
- has sexual intercourse a lot.
- wears sexy clothes.
- plays with her/himself a lot.
- says a lot of "sexy" words.
- goes around naked a lot.
- smiles and laughs a lot.
- really likes her/himself and shows it.
- likes her/his own body and wants other people to like it.



## Privacy (Being Alone)

Do you have a room or a place where you can go and no one will bother you?

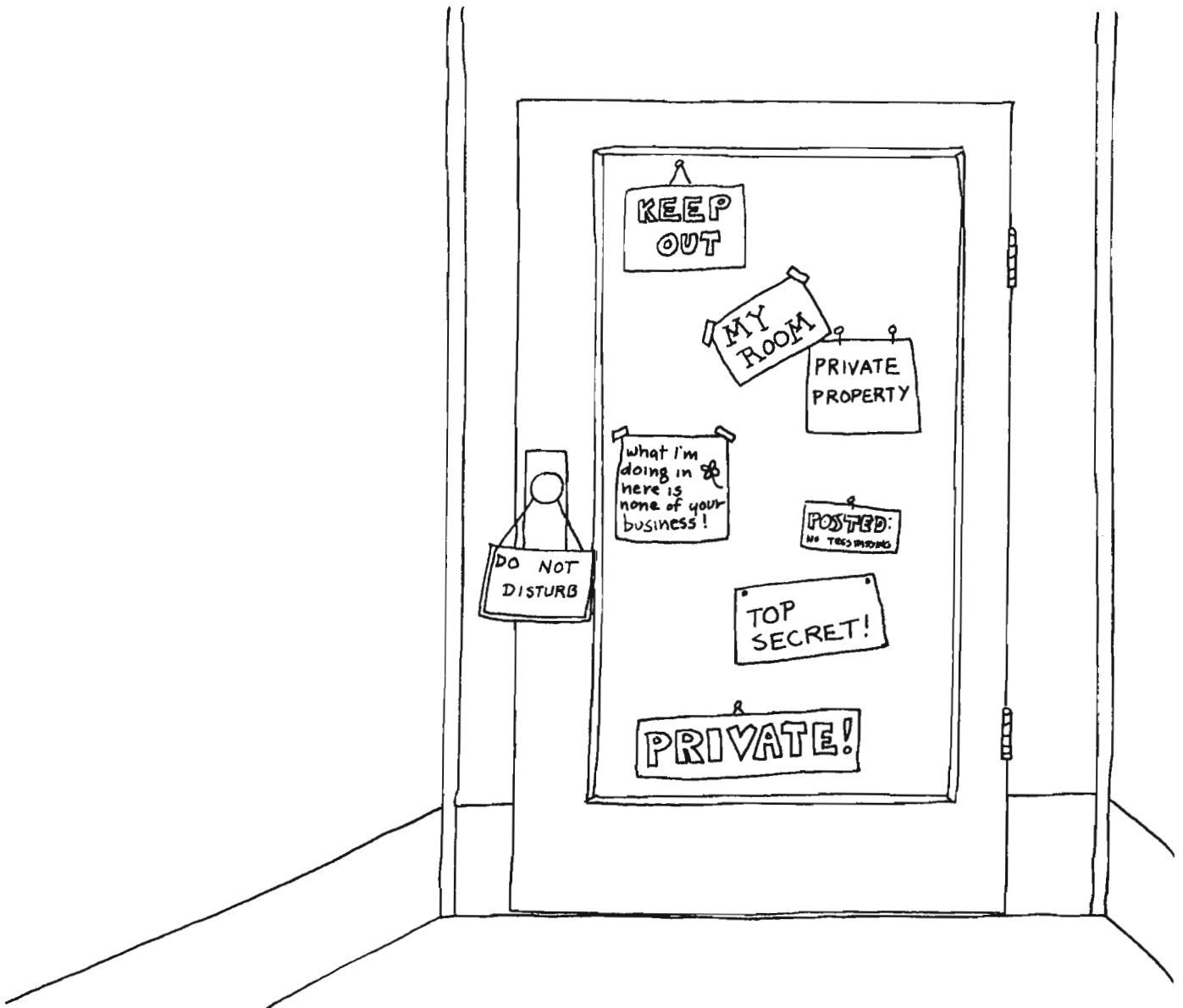
yes       no

Where is it?

Is there any special time of the day or night when no one will bother you?

yes       no

When is it?



Different people do different things when they are by themselves. What do you like to do when you are by yourself?

read

burp or belch

take a bath or shower

sleep

take off my clothes

write or draw pictures

scratch myself

masturbate

pick my nose

chew gum

day dream

cry

suck my thumb

work on projects

Some of these things you can do with other people around. Which things do you like to do only when you are by yourself?

Do you think people should be allowed to do some sexy things in public, like in their front yard or in the supermarket?

no

yes

Which of these things do you think it's okay for people to do in public?

be naked

touch sex parts

hug

hold hands

kiss

stroke each other





## **Sexual Intercourse**

Sometimes, when grown-ups talk to kids about sex, they talk about pregnancy and babies. When they talk about that part of sex they usually tell something about sexual intercourse since that is how the woman's egg and the man's seed get together to start a baby growing.

Even though babies are started this way grown-ups like to have sexual intercourse mostly because it feels so good to them. They might only want to have one or two babies in their whole life, but they usually want to have sexual intercourse much 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 do not want to have a baby, they usually use some kind of birth control. You can ask your mom or dad or some other grown-up to tell you about birth control.*

When a man and a woman want to have sexual intercourse, they snuggle and hug and kiss and touch until they are very "turned on." The woman's vulva is wet and slippery and the man's penis is very firm. Then, they hold their bodies very close together so the man's penis is inside the woman's vagina (the opening behind her clitoris and pee hole). Then either or both of them move around. (The woman sometimes likes it if the man's hand or her hand is touching her clitoris while they are having intercourse, since her clitoris is the most good feeling place.)

## Partners

When you are a teenager (or a little younger) you may notice that you feel sexy when you are with a person you know. You may feel sexually excited when you look at or touch or hug or kiss your friends. The people you feel that way about might be boys or girls or maybe some of both.

Maybe you like the feeling, or maybe it scares you a little bit, or maybe it makes you giggle. Is there anyone you especially like to have be with you and touch you or snuggle with you?

- yes, a boy
- yes, a girl
- yes, one or some of both
- yes, but it doesn't feel sexy
- no, I want everyone to keep their hands off of me

Can you imagine what intercourse feels like?

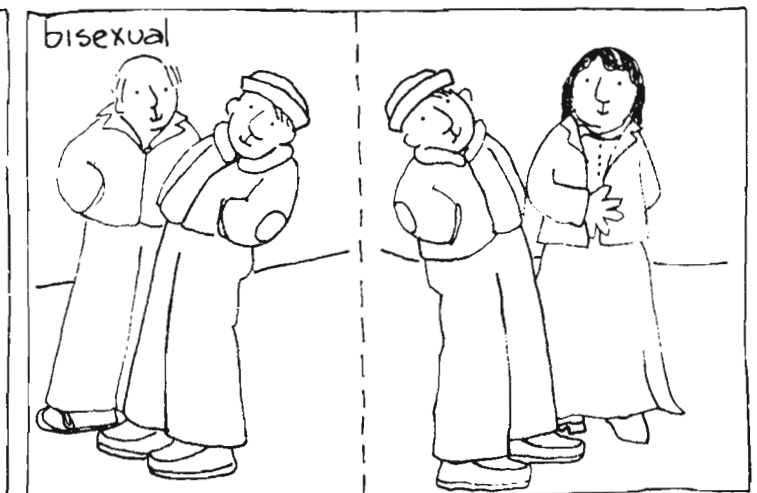
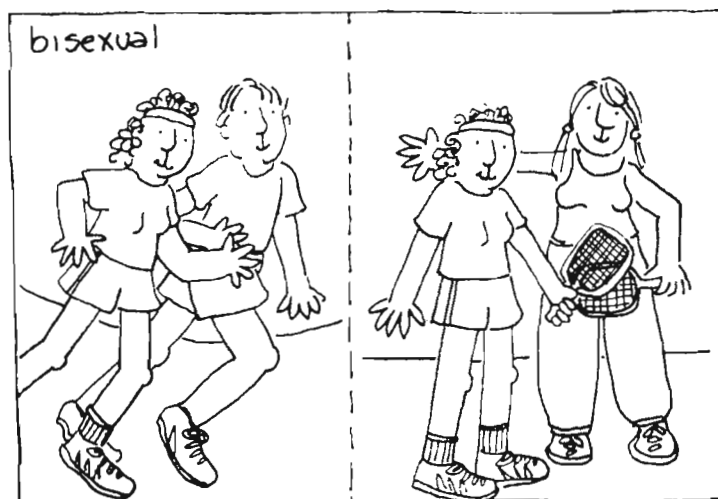
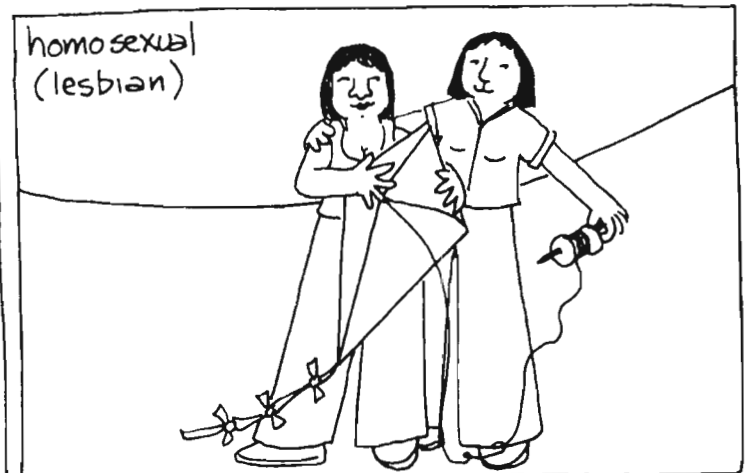
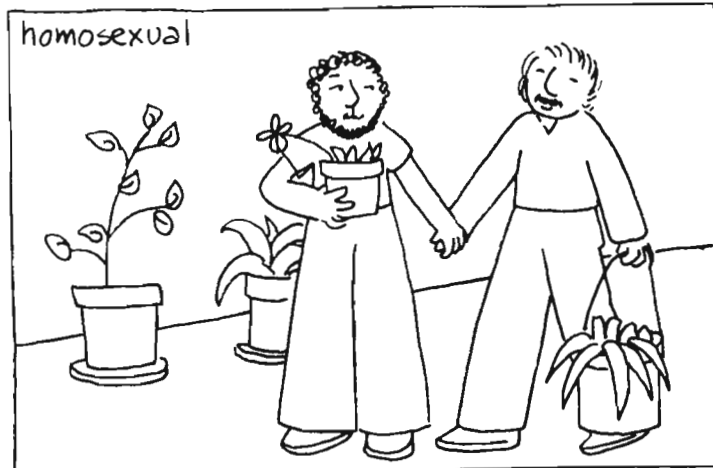
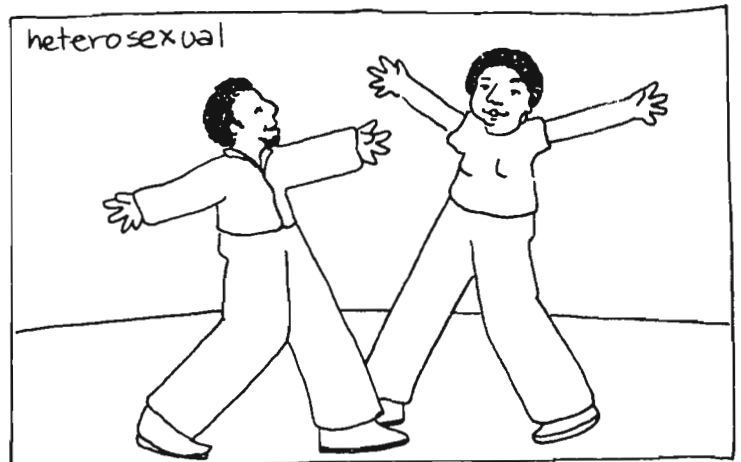
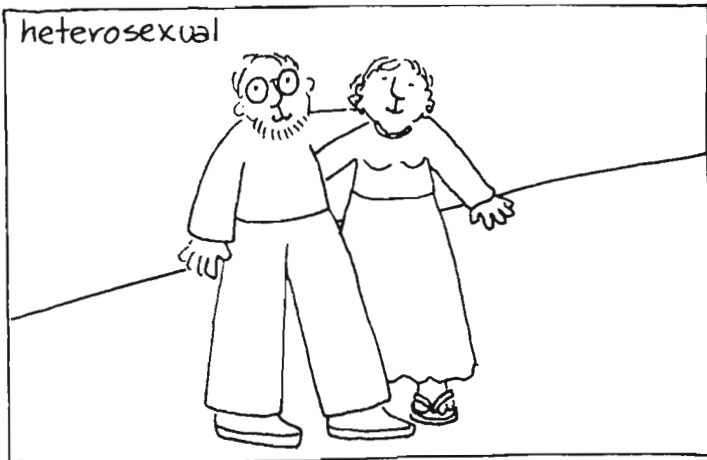
Do you think you will want to have intercourse when you are older?

yes     no     maybe just to make a baby.

What is it about intercourse that makes you think you will like it or won't like it?



When grown-ups choose someone to be one of their sexual partners, they sometimes choose a person of the same sex and they sometimes choose a person of the other sex. Some big words are sometimes used to name people by the sex partners they choose. (Names or labels are not a good thing to use on people, but you probably want to know what they mean when you hear them.)



Shorter names are sometimes used. They are "straight," "bi" and "gay."

Do you know which goes with which?

yes     no

"Bi" goes with \_\_\_\_\_

"Gay" goes with \_\_\_\_\_

"Straight" goes with \_\_\_\_\_



Some people think it is 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 partners want to do it and if they do it in private. How do you feel about it?

Of course straight people and gay people do a lot of other things besides have sex. Anyway, some people think that straight people are the only ones who are "normal" or "regular." What do you think?

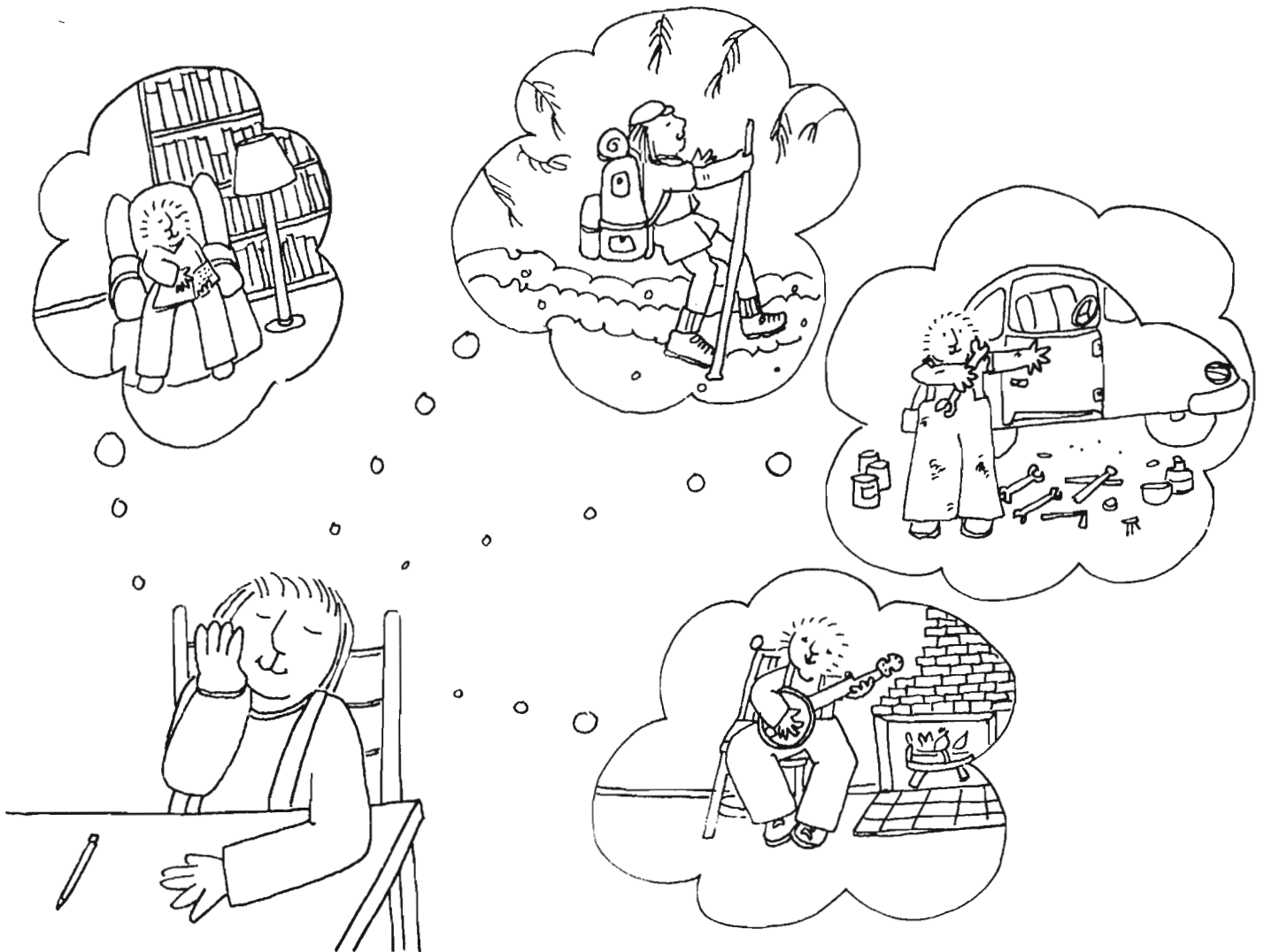
## Being Together

Here is a list of things that two people who like each other might do together. What things on this list can two people of the same sex do together? What things on the list can two people of the opposite sex do together? (You can check both)

	Same	Opposite
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	_____	_____
Talk together	_____	_____
Build something	_____	_____
Watch TV	_____	_____
Touch each other's bodies	_____	_____
Listen to music	_____	_____
Hug and kiss	_____	_____
Go on vacations	_____	_____
Raise a child	_____	_____



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



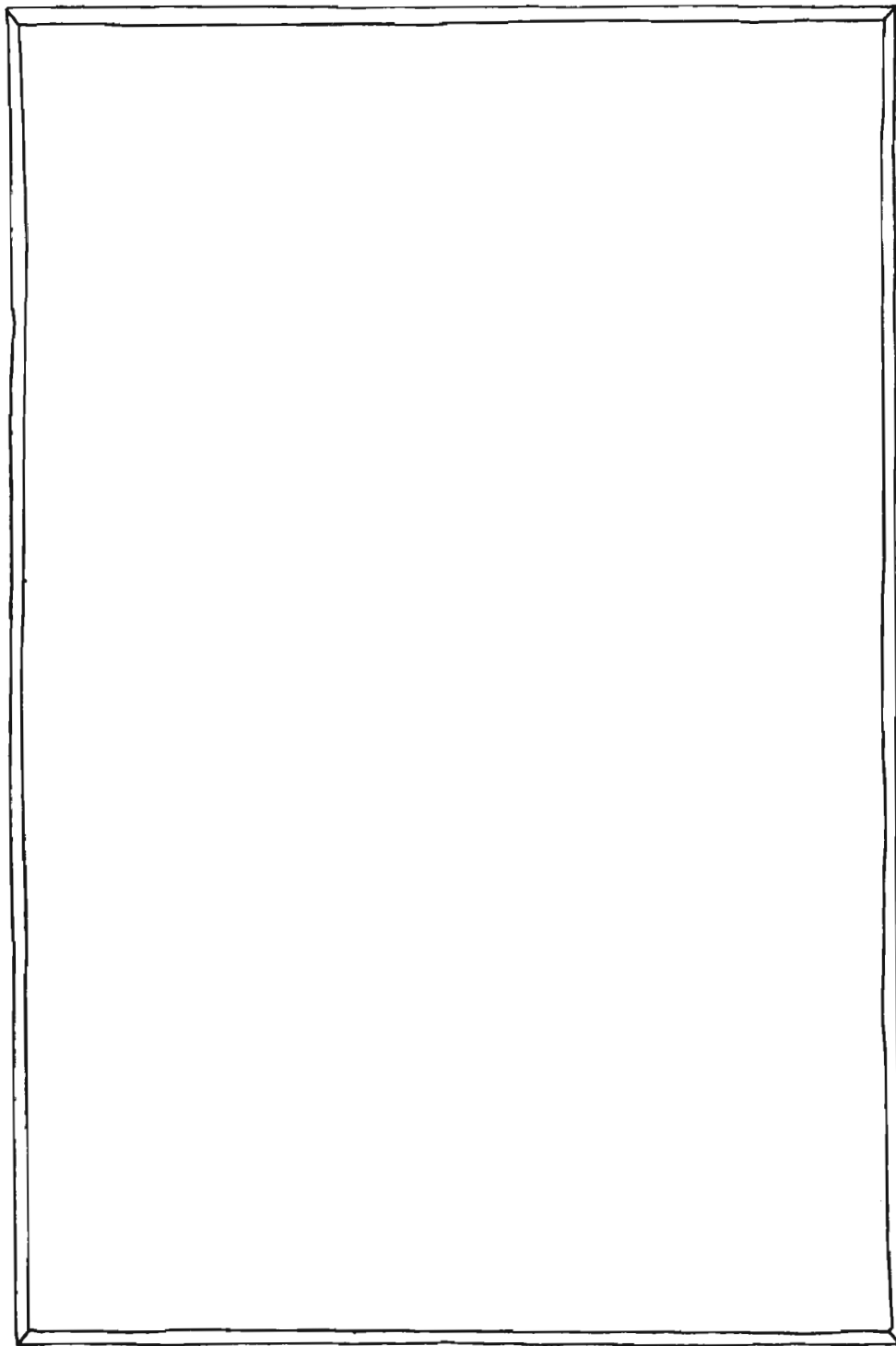
On this page you can write some daydreams about a person or some people you might want to have sex with when you grow up.



If you think this book is just really gross you can write about it here.

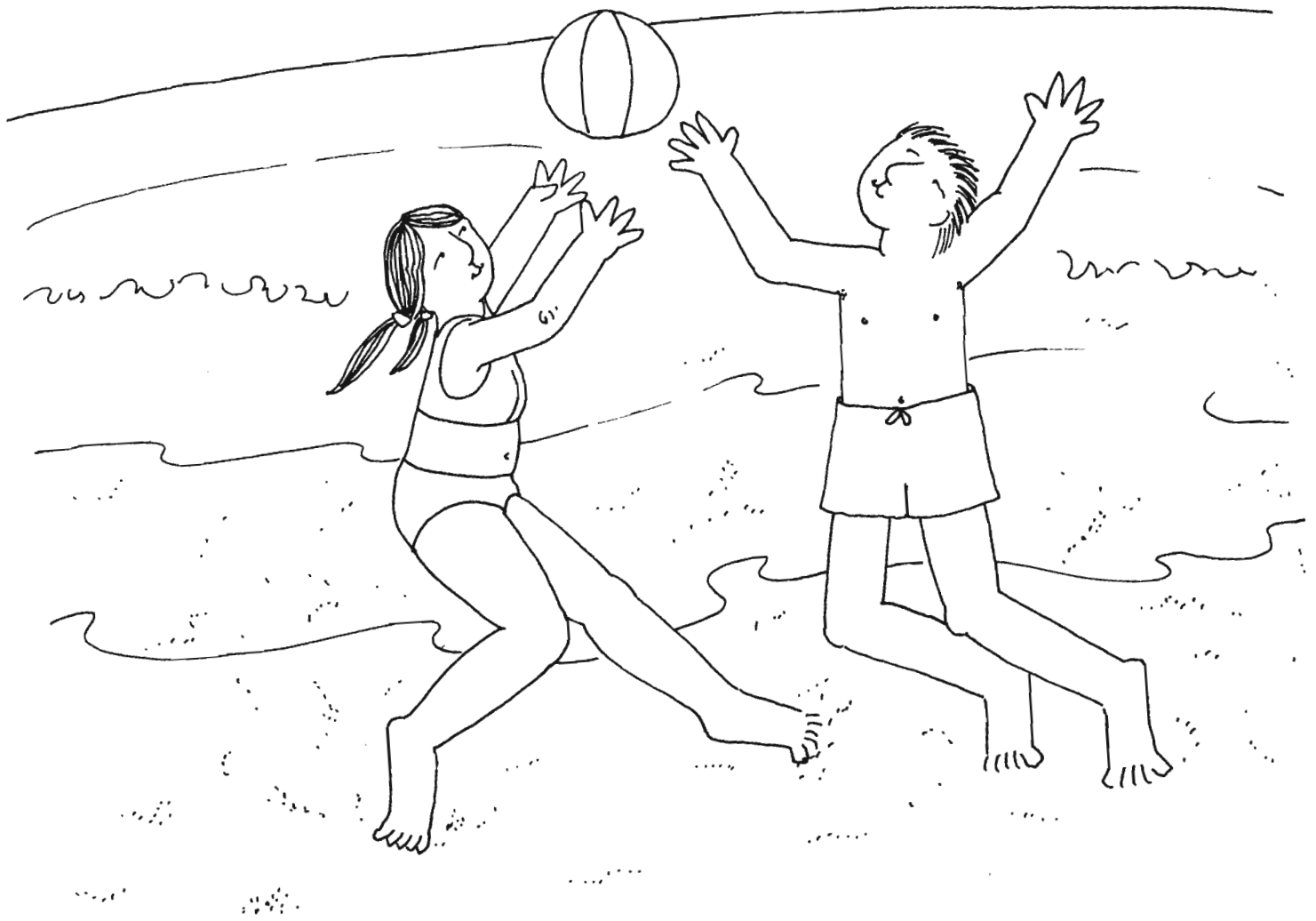


On this page you can draw a picture of some thing or some person you think is sexy.



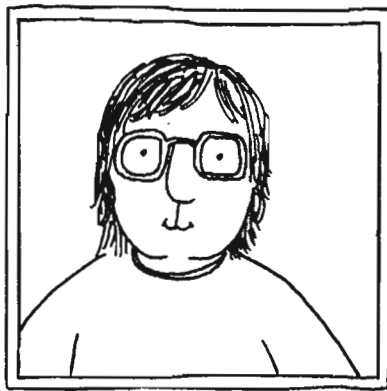
On this page you can write some questions you thought up to ask your mom or dad or someone else.







Joani Blank writes and publishes books about sex for grown-ups and kids. She has a daughter named Amika who was almost five when this book was written. Joani also owns a store in San Francisco.



Marcia Quackenbush is an artist, author and sex educator. She also drew the pictures and helped write a book called *Period.*, which tells kids (and their parents) all about menstruation. Marcia has also written two books about AIDS.

# The Playbook for Kids About Sex

This is a first for this age child . . . Text and illustrations are simple and direct . . . The focus is on self-image, the pleasures of sexuality and personal relationships, not on reproduction . . . Useful for elementary level classes in sexuality or family life where explicit language and drawings can be used.

School Library Journal

Here's a book for children who read, that very clearly separates reproduction from the parts of sexuality important to a young child . . . *The Playbook for Kids about Sex* is all about feeling good about your body. It gives permission to be sexual, and correctly names and illustrates sexual body parts. No doubt *The Playbook for Kids* will be a welcome volume in those homes where sexuality is already treated simply and openly.

SIECUS Report



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