

Transcripts for Ep 098 Talking about the Birds and the Bees ...

Fri, 7/16 9:05AM 26:57

SUMMARY KEYWORDS

kids, parents, sex, talk, sex ed, conversation, questions, adults, information, brittany, amaze, big, mom, people, sex education, find, trusted adult, teach, feel, life

SPEAKERS

Brittany McBride, Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined here by my co host Brie Tucker.
- B** Brie Tucker 00:08
Hello. Hello. How are you?
- J** JoAnn Crohn 00:10
And we have a guest that we've been looking forward to for a while.
- B** Brie Tucker 00:13
Yes, it was
- J** JoAnn Crohn 00:13
On the podcast.

B Brie Tucker 00:14
very excited about this because this is a topic that Bree has. I feel like a fifth grader. who has a lot of questions about the birds and the bees. And nobody's answering my questions.

J JoAnn Crohn 00:25
No and Brittany did!

B Brie Tucker 00:26
Brittany did. She was phenomenal. So our topic is about the birds and the bees pretty much.

J JoAnn Crohn 00:31
Yes, it's about how to talk to our kids about sex in a positive light. And Brittany McBride. She is Associate Director of Sex Education at Advocates for Youth. And she supports school districts and youth serving adults to provide complete inclusive sex education, she helps parents and caregivers provide fact based complete sex education in a non shaming and affirming way. We love that. And Brittany is also a mom, she has an eight and a five year old. This is a great episode, and we hope you enjoy our conversation with Brittany. So we are getting back to school. And this school year is unlike anything we've prepared for before because we're coming back after virtual learning and I know how many fears you have right now. Have your kids lost ground in school? Are they ready to like go back to school and like socialize with other kids again? And how can you make sure that you help them start this school year on the best foot possible? Well, we heard you and we're bringing back our week long event Homework Simplified, it is live and it is not to be missed. You can go and sign up at noguilmom.com/homework, and now on with the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids. And we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Welcome to the no girl mom podcast ready? We are so excited about this station, and to have you here. So welcome. Welcome.

B Brittany McBride 02:37
Thank you for having me. I am excited to be here with both of you.



JoAnn Crohn 02:41

And for our listeners who may not know who you are. Can you give us a little bit about you and your story?



Brittany McBride 02:47

Yeah, my name is Brittany McBride. I use she her pronouns. And I am the Associate Director of sex education at a national nonprofit based in Washington, DC. I also wear the hat of a parent. So I am I have two small kids who are eight and five. So I get to ensure that young people all over the country are getting access to really great sex ed. And the really tough job of making sure that my two kids are also getting the sex that that they deserve as well.



Brie Tucker 03:18

That's awesome. I just I'm curious how people get into certain things. How did you get into this? Where you little, and you were like, this is what I want my career to be. I want to talk about sex ed. How did that come to be?



Brittany McBride 03:29

Yes, such a great question. So no, I wasn't like a little kid who was like, oh, public health is for me. But I am the product of two teen parents. And my mom decided to go the opposite direction of her parents who never talked about sex. And she talked about sex with me all the time. Like, when I was really little, I was very much the expert on the playground. Like I knew all the information. And as I got older, I just, I felt like I had less of an inch not and less of an interest. But there wasn't a lot of shadows for me. There wasn't a lot of curiosity because I knew so much information. So I wasn't seeking it in ways of like acting out anything, or exploring sexually because I'm like, I know everything there is to know about sex. I feel like an expert from such a little age. And originally thought I was going to go into adolescent health and was going to med school and decided it wasn't going to work for the lifestyle I wanted to live. I'm very big on work life balance, and public health kind of came to be and I'm like I can really merge this like wealth of information and ensure that young people get access to the sex that they deserve, so that life doesn't happen to them. And instead, you can make informed decisions. I feel very privileged in that I had that education from my parents at a young age. So I just wanted to make sure that other young people had that same kind of access.



JoAnn Crohn 04:57

That is so interesting, because I know that a lot of pushback from parents about talking about sex education is they're like, well, I don't want our kids like exploring or like knowing too much too fast. And from your personal experience, you're like, I knew everything I did not need to explore. There was no need. It's funny. I like to think of it in a non sexual analogy. But I'm like, if you're sitting inside a house, and you hear kids outside, like swimming in a pool, and the splashing and the fun, and it sounds like they're just having an amazing time, but I can't see it. I am dying to know what's happening on the other side of that wall. If I already know like, okay, they had to apply sunscreen, the waters kind of cold, there's a kid in the pool whose like, swim trunks keep falling off. Like, it's not very pleasant, like, whatever it is, like, it's not as appealing, I'm less likely to want to, like, get across that wall. So I'm just all about being transparent. Because then once you're informed, like you just have all the information you need, you don't have to look for it.



Brie Tucker 05:55

I love that analogy.



JoAnn Crohn 05:56

Yeah.



Brie Tucker 05:57

Wow!



JoAnn Crohn 05:58

you do you do. And it's funny that you say that you were like, the expert kind of around your friends on the playground, because it is really funny, the misconceptions that other kids have about sex, I was very well informed about anatomy by my parents. And then I had a great eighth grade sex ed teacher in my school, who like gave all the percentages and all like the birth control methods or whatever. But the things that other kids have, and the misconceptions, it's crazy.



Brie Tucker 06:28

It is!



Brittany McBride 06:29

that is sex ed is most of the time. It's like I'm answering questions that were brought on from some well intentioned uncle or aunt who shared some information. And I'm like, okay, that's not correct. But let's make sure we get the right information. That's most of the the questions we get in sex ed, it's just clearing up a lot of misconceptions, because they're everywhere. And I'm happy to hear you had really great sex ed, so many adults have it. And it's really unfair, because then we expect them to educate their kids about what this stuff is. And I'm like, I don't know, I didn't have sex ed either.



Brie Tucker 07:01

Okay, I'm gonna just throw this out there. So like, I grew up in the Midwest, I did have a sex ed class in fifth grade, all I remember is being really excited that they gave us pads. I was like, oh my god. I have pantyliners, I'm so cool. And then I remember flash forward to high school. And my mom putting me on the pill. And she said, was because I had really bad periods. And then later, because I know, I'm just this very naive person. My sisters were like, Well, you know, she puts you on the pill, because she was you were in high school, she was afraid you were gonna have sex. And I'm like, no, it's because my periods and later my mom's like, Oh, no, I thought you're gonna have sex. So I just put you on the pill. And just like that, was it.



JoAnn Crohn 07:40

No.



Brie Tucker 07:40

We didn't know about sex. Like my, the whole of my conception of sex was what I learned at church because I grew up Southern Baptist. So, all I knew was I was gonna go to hell. That's all I knew.



JoAnn Crohn 07:53

Yeah.



Brie Tucker 07:53

But like you said, on the other side of that wall, were all my friends. And it sounded really fun.

B Brittany McBride 08:00
It's amazing.

B Brie Tucker 08:00
And then to give another example, somebody that I was very close to in high school got pregnant the very first time she had sex. And I remember like, us having a conversation and her being like, huh. my boobs hurt. Huh. I'm really hungry all the time. Huh. I wonder why I'm getting a little bit fatter. Like, oh, like none of us really had any idea what was happening because we were young. And we didn't even know that that could happen because of the lack of conversation, any any conversation from our parents. Because we were typical, you know, 80s 90s. Midwest, you don't talk about that.

J JoAnn Crohn 08:31
Yeah.

B Brittany McBride 08:31
right. And that's what's terrifying. It's like when life starts to happen to you, because you just did not have all of the information. That's where it feels really unfair to the young people, because I view it as my job as an adult in this part of the society to make sure that I am providing access to that information, and then the ability to seek out those kinds of services, to then utilize the information and the knowledge that I've shared with you. But yeah, it's so common. I always tell all of my family stories, but like, my mom is one of three kids. All three kids had a baby at like 18 or 19. And I remember joking with my grandfather, I was like, so you'd like didn't talk about sex at all, is what it looks like. And he was just like, okay, Brittany, like we got it. All three of them. Like it was just a conversation that wasn't had. You know, if someone's period started, you know, there wasn't a conversation half before that, like the trauma of experiencing a period not even expecting it. There's so much more in sex ed is so much bigger than just talking about the parts that are covered by your bathing suit. And it feels so unfair for our young people to not have access to that information and then expect them to function as adults and say like, okay, now you were available to come across this wall and come swimming with us, but I don't know how to swim. You never taught me you know, like, I don't have floaties I don't even know how to get in the water. So I think it's really important that we start practicing this from a really young age because it does provide Same with protective factors, and the ability to be able to build the life that they want to live.



JoAnn Crohn 10:06

I think that's so important. So for like parents who really haven't started the sex talk yet, first of all, how young do you recommend? And like, what do you recommend telling to the young ones?



Brittany McBride 10:18

Yes. So I love when I get this question because I really want to pull folks away from this concept of having like "the talk", because it puts way too much pressure on us as parents, like we're just trying to survive, sometimes, especially coming off of this pandemic. Don't put this pressure on yourself to just have one big talk that encompasses everything your young person is ever going to need. What I encourage folks to do is, if possible, start having these conversations when they're babies, it could be as simple as just using appropriate terms for their body parts so that they have the ability to communicate properly about their body. It provides them so much protective factors. If they can talk about their penis and their vulva and explain, you know, trusted adults, I start having conversations around consent, when my kids are really little when they're toddlers, and it has nothing to do with sex. But I know this is a skill that my kids need to practice. And I don't want to wait until it's related to sex. So I talked to my five year old about asking his sister before he borrows her crayons, did you get her permission? Did you I know she let you borrow them last time. But you need to ask again. Being able to manage getting a note when he really wanted a yes. And learning how to practice how to deal with that disappointment. We talked about coercion, you know, you asking me to go have a sleep over at your friend's house? And I said, No. And you continue to ask me over and over again, once I've already provided an answer. A lot of these skills, I start teaching my kids when they're really little. And they have absolutely no idea that what we're talking about is going to eventually be really helpful in making sure that they can like navigate their sexual lives whenever those might start. So the earlier you can start the better because then they learn these skills, and then they can practice them in low stakes kind of situations. So by the time that like they get to a sexual experience, they already know it's like the muscle memory is there to then ask for permission to look for an affirmative, "yes", before you do something, as opposed to silence and like they've learned all of these skills. And now they can just apply them to these more high stakes situations.



JoAnn Crohn 10:19

Okay, I love what you said right there about consent and coercion. Because those are things that like you see kids doing all the time, and just putting that language to you it really, I could see how that would benefit them later on. Like, you don't have to make it a sexual thing. You're just putting language to that so that when they do get in those

situations, they're like, Oh, this is wrong and I'm not supposed to do that.

B

Brie Tucker 12:55

Like I never, I never would have thought of that. And that is so so crystal clear when you put it that way. Like oh my gosh, of course.

B

Brittany McBride 13:02

Yeah. And it just gives him the ability to practice. And it's funny because like you hear, it'll sometimes bite me in the butt. I'm really big on like bodily autonomy. We've taught that from very early on allowing them to make those decisions. But you know, my, my eight year old was digging in the nose one time, and I mentioned it, and they were like, it's my body. It's my choice. And all of the other parents were like, well, I'm like, yep, I know, I walked right into that one. So...

J

JoAnn Crohn 13:29

I mean, don't you put a little bit proud, though when she says that? you're like, Oh, my gosh!

B

Brittany McBride 13:33

you do. And it's a good practice for me to kind of respect the fact that they can make those decisions around their body, you know, with caution, because I'm like, they'll eat candy and never go to bed and all that other great stuff. But like really helping them to kind of navigate that and then showing them an adult respecting that they can make those decisions around their body. It just goes to amplify that confidence they already have and that expectation around how other people should manage their own personal boundaries.

J

JoAnn Crohn 14:02

Definitely. So what about parents listening right now who have like a 10 year old and they've never taught any sex whatsoever? Like, where do they start?

B

Brittany McBride 14:10

That's usually the norm. So don't feel like you're behind. And it's a lost cause. Because it's

not, I'm all about trying to find those, like, really easy wins the low hanging fruit. And so just start having these conversations. And you can still have these kinds of conversations and talk about these skills in a way that's not related to sex, just so that you're opening up communication, you want to help your young people to identify you as like a really great resource that they can come and talk to you about anything. So I encourage the parents and the caregivers to pay attention to the music of their response. When I say that, I mean like your facial expression. Are you obviously and visually nervous and uncomfortable with the conversation? If so, there are some ways to kind of help with that, you know, have those conversations in the car where you're driving in your face. forward, and they're in the backseat. And you're not having to make eye contact and sure that you're like, really losing it here. So there are ways to kind of have those conversations, but you just want to make yourself available as a trusted adult. Another thing that's really important, this is not a job that you have to do by yourself whatsoever, and you shouldn't do it by yourself. So if your school doesn't offer really great sex ed, like my kids school does not teach sex education in the way that I want them to. We have to identify other trusted adults in their lives, who they can go to, for additional support, whether that's to ask a question or to say like, I need some help, or I'm worried about something. So I like to say like at least 10 people that they can identify who they can talk about this stuff with. So whether it's an aunt or a neighbor, or a really close family, friend, or coach, having those additional trusted adults helps to take a little bit of the pressure off of you.

J

JoAnn Crohn 15:55

Yeah, like the trusted adults thing. It's so funny, because I've never had that advice before as a parent. That like, you should totally have your kids talk with other people about sex rather than just you.

B

Brie Tucker 16:06

Yeah. Okay, but 10 scares me. Like I'm so I'm a single mom, I have a question I'm dying to ask. But you kind of like broached on some of that. But my oldest, my son is super shy. It's hard enough to get them to feel comfortable talking to his father and me. I can't imagine finding 10. Does that mean I'm doing something wrong?

B

Brittany McBride 16:25

No.

B

Brie Tucker 16:25

Because Well, I can't think of 10. I mean, I can think of a few people that have offered and that are happy to talk with him about it. But I think he would just die of embarrassment.

B

Brittany McBride 16:34

Yeah, no, and you want it to be something really kind of laid back and less pressure, less pressure for you and less pressure for them. And so really just sitting down and kind of figuring out, like, Who are these other people who you can have those conversations with? It doesn't have to be 10, the more the better. And sometimes it's just about sitting down and listing those folks. Because it then gives them an opportunity. Like maybe they feel really comfortable coming to you and talking to you about like their physical anatomy, but they want to go talk to somebody else about like, how to break up with someone, and they don't want you to know about that. And so just having those extra adults around, it can help them to identify Like, who do I feel most comfortable talking to about this so that I know they're at least going somewhere where they're going to get some credible information and you know, loving support.

B

Brie Tucker 17:21

you just brought up in there that I wouldn't have even thought about the whole, like, how do I break up someone?

J

JoAnn Crohn 17:25

Yeah, all the relationships.

B

Brie Tucker 17:27

Man!

B

Brittany McBride 17:27

sex ed is so much bigger than what people think.

B

Brie Tucker 17:30

it is. It's so much bigger than just the labels and the mechanics of it. Oh, my goodness.



Brittany McBride 17:35

Yep. We are talking about relationships. We're talking about how to communicate in a healthy way. We want to talk about you know, what's it like to get to know what to do when you get a yes, we are talking about porn. That's a big deal right now, especially with kids being home for the pandemic and then provided access to computers and tablets. It's not a when you're going to not if but when you're going to see it. So right that talks about so much. It's really and truly life skills that we're trying to teach young people.



JoAnn Crohn 18:05

Yeah, it is. What about single parents out there who have a kid of the opposite gender of them and our little nervous about talking about sex?



Brie Tucker 18:15

Brie! We're talking about me right here. Yeah.



JoAnn Crohn 18:18

You don't have to out yourself!



Brie Tucker 18:19

I'll raise my hand. It's okay. We're talking about Brie.



Brittany McBride 18:22

I love it. I love that word. Like, it's super uncomfortable. And I say this as a professional. I do this all over the country, I trained adults, yet my kids know how to ask me the questions that I'm like, Oh my gosh, like, Where did that come from? And immediately I'm like sweating, and it's cardio. I understand that. It's totally okay. It's a completely natural response. And trying to find those wins for yourself, as a parent doing this. You can't be the be all for everything with your young person with answering these questions. So the best thing you can do is try to make sure that you are as educated as you possibly can be. And then that you are as open and willing to have those conversations. So figure out what your young person really likes. You know, I have a kid who is introverted, loves to read books, and loves watching like little videos on YouTube and stuff. So I am really big on sharing our amaze videos with that kid, and then creating a playlist for them to say like, you should really watch these videos, they then get into them because they're hilarious,

and they're super smart. And so they'll watch a bunch of those videos, and then we can talk about them. And it gives us an opportunity to kind of pick out some topics, but it's something where they can get the information in a way that makes them feel most comfortable. My extroverted kid who would make a friend with a wall is the kind of kid who's going to come to me and ask me questions and I can just kind of navigate having that in person face to face conversation with them. And that's the best way that they're going to receive it because they just can't sit still. So maybe we talk about it while we're kicking a soccer ball back and forth. Or if the Growing up, you know, hanging out going for a hike or something. So try to figure out which way your kid is best or most likely to receive information, what's their learning style, and try to meet them there. But ultimately, just try to get as much information as you possibly can. So you feel comfortable. And then always, always be comfortable with saying, I don't know, it is the best answer to a question you get that you just don't know. I don't know. But I'll find out. And I'll get back to you. It just goes to reinforce the fact that you are not only a trusted adult, but that you are going to help them to navigate this, you're going to help them find some trusted resources. And that even if you don't know the information, it's so important to you, and they can trust that you're going to help them find the answers.

B

Brie Tucker 20:47

You know, I like the I don't know, because you know, what else teaches the kids that they don't have to know everything? Right? Because at some point, they're gonna think I have to be an expert in this like, again, like I have kids that are going into high school and that are in junior high. And I feel like they have a lot of pressure on them that they're supposed to know all this. And I love that. I don't know. So that they know that that means that something's you don't you don't have to be an expert on it.

B

Brittany McBride 21:09

Exactly. There's just no way I do this every day. I don't know the answers to every question. I got stumped the other day. I'm constantly getting questions I don't know the answers to and I think it's just such a good practice to show folks like, you have to pretend you don't have to make anything up. I don't know, but I'll find out.

J

JoAnn Crohn 21:27

Okay. Like, that was a really big fear. I remember in teaching and a lot of like new teachers, they're afraid to say, I don't know. I was like, it's like the best thing because then you show students like where you go and find the information. You're not Google. You're not Google.

B Brittany McBride 21:42
Exactly. I had one teacher offered to fly me back from a training to just be available for questions. I'm like, No, like, we're just gonna teach you how to do it. you're gonna be just,

J JoAnn Crohn 21:53
yeah, and you mentioned your, the Amaze videos, and we're gonna put a link to that in the show notes. Because I think that would be a really great resource for parents.

B Brie Tucker 22:01
Yeah, those videos are for parents and for kids. Right?

B Brittany McBride 22:03
right. And so we have a mace Jr. That's for the little ones about five to eight years old. And then amaze is like middle school age. They are two minutes long, animated, hilarious videos, and they are all over the world. At this point. We've gone global with the videos, and we're releasing topics every single month. Kids love them, they are just chock full of information in a way that they love to receive it. So they're on YouTube, they're on our website, and it's just really great. And for the amaze, Jr. Part of it, there are parent videos where they can watch them and kind of get some resources and information, but I like watching them with my kids. And we laugh about it and then just have like a conversation. Do you have any other questions? That I don't have to know everything.

J JoAnn Crohn 22:49
We're gonna put that in the show notes? Definitely. And Brittany, you have given us such a wealth of information. Thank you so much. It has been such a joy talking with you.

B Brittany McBride 22:58
absolutely. So much fun talking to you all today.

J JoAnn Crohn 23:03
So Brittany was rather enlightening.



Brie Tucker 23:06

Oh my gosh, we were I I love to talk to her. As a matter of fact, little spoiler people. As soon as we're done talking, we booked her for another episode.



JoAnn Crohn 23:13

Because she was so like, we could have gone into so many different things with her. And it's really interesting, because like, she's talked in particular about really bringing up not just anatomy based sex talks with kids, but talking about consent and coercion.



Brie Tucker 23:28

Oh my goodness, that was eye opening for me.



JoAnn Crohn 23:30

And it was interesting because I was listening to Kristen Bell and Monica Patton's new podcast, Shattered Glass, and they were talking about consent. And Kristen Bell said that she had a book for her kids called "C is for consent" in her house, and I like want to find that book now.



Brie Tucker 23:44

Oh, that does sound like a good one. We've we and I don't I can't remember exactly. But I mean, I know that I've had this conversation about all the little things like even just talking about like, tickling. You know, where is it okay to tick off and having your child talk about their body in that way where it's okay for you to tick off. And then when they say no to stop, because I don't know about you guys, but I grew up in a household where like, no, I got tickled. Relentlessly. And it wasn't. And I'm not saying that it was a bad thing. But looking back on it, I can see how that sent the message to me that just because someone says No, that doesn't mean that you necessarily stop.



JoAnn Crohn 24:20

Well, yeah. And I mean, how many times were we given the message where like, say it was like an older family member, sometimes a male, who would be like, Oh, you're so cute, like tickle. And adults would be like, Oh, that's just grandpa Joe's way of saying hello. And like your cast off like that.

- B** Brie Tucker 24:37
Right. And now it's something that it's definitely a topic and it's something I want my children, both of my children, my son and my daughter to feel empowered to do. So it was just so many so many amazing things that Brittany had to say that were just like just blowing my mind. And the other big thing too, that I loved and it's so simple for advice. If you don't know the answer, you just say "I don't know the answer."
- J** JoAnn Crohn 24:59
I know.
- B** Brie Tucker 25:00
And let's find the answer out together. And then you know what that teaches your children how to find legit answers about things, but especially somebody that has so much misinformation, like sex, yes. And and how to find it and go like, Hey, does it mean that the first option on Google is the best. And you know why? Because this was on someone's blog, I'm gonna go to an actual like site that has better information.
- J** JoAnn Crohn 25:22
Yeah, it's funny because like, I used I don't know, a lot as a teacher, because the teachers are afraid of that to saying, I don't know. And the way I look at is, you know, you're not Google, you don't have all the information that Google does. You do know how to look stuff up. And you do you know how to evaluate information is a skill or kidney that's that our kids need and being able to model that like, when you don't know and how to find that information. That's really important.
- B** Brie Tucker 25:47
You know what, I think that that right there, I just had another epiphany. It really points out the fact that I think a lot of times as parents and as adults, we feel like we are supposed to be the end all be all, we're supposed to have the authority of everything. And again, what are we teaching our kids? If they don't have the answer, then they're less than? No, no, no, that's not the message you want to send them so
- J** JoAnn Crohn 26:06
you don't have to know everything.

- B** Brie Tucker 26:07
Oh, goodness. So we hope you guys loved this episode with Brittany as much as we did.
- J** JoAnn Crohn 26:11
let us really know! like send us an email Hello at no girl mom calm or if you go to our podcast web page. There's actually a little microphone. It's red. It's in the corner. You can leave us a voicemail.
- B** Brie Tucker 26:22
Oh my goodness. We love that. But we haven't gotten any of those yet.
- J** JoAnn Crohn 26:24
We haven't gotten any. Be the first one!
- B** Brie Tucker 26:28
Leave us a voice message. that will be fantabulous!
- J** JoAnn Crohn 26:31
And until next time, remember the best mom is a happy mom, take care of you. We'll talk to you later.
- B** Brie Tucker 26:36
Thanks for stopping by.