

What Preteens Need To Know About Sex

Ages 10-12



 FamilyLife®

Developed in partnership with Authentic Intimacy.



First, make sure you've covered—and your child is familiar with—all the principles in What Elementary Schoolers Need To Know About Sex.

Here are your talking points for necessary conversations with your kids about their bodies. Tell them what's happening to the bodies of the opposite sex, too.

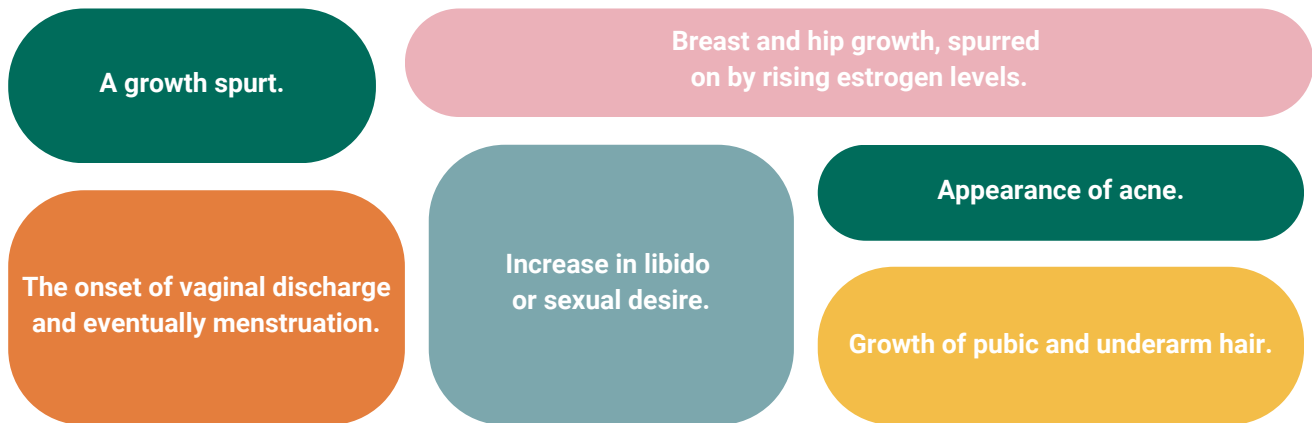
This prevents kids trawling for information (e.g., searching on the internet or asking friends) when they feel ignorant, and allows you to set their first impressions and worldview on this information. It also sets you up as the trustworthy, go-to answer person for their questions about sex and other vulnerable topics—empowering you (not the internet) to disciple your kids now and in continued “many and mini” conversations about sex.

In short, being the first to tell your kids information about sex protects them. Check out our article, “Talking To Your Kids About Sex: Why, When, and How.”

Girls



In girls, puberty usually occurs between the ages of 8-13, and will include:



These changes take place over the course of several years.

What this looks like:

- So often, our daughters draw confidence from preparedness, thoughtful nurture, and emotionally safe spaces in their vulnerability.

It's **vital** to provide for your daughter's hygienic needs during this time, such as period supplies, skin care products, razors, shaving cream, facial supplies, deodorant, and well-fitting bras (including athletic bras). Consider putting together a box or basket filled with products that will help your unique preteen during puberty. Include fun and thoughtful items, as well, like favorite treats, chocolate, a heating pad, ibuprofen, tea, acne-care products, a face mask, a journal, body wash, tweezers, etc.

Or shop for them together, perhaps having lunch or coffee together to make this more of a connecting event.

Continue this connection by gently asking about your daughter's experiences with her body and how you might be able to support her: Would she like you to teach her how to shave? Could she use some dark-colored underwear? Is her bra feeling comfortable and adequate? Would she like to keep a small cosmetic bag of period products in her bag or locker, just in case? Does she have the facial care products she needs?



Work to establish a tone of being prepared, not fearful.

- Girls may hunch if uncomfortable with breast development—or show other signs of insecurity amidst their holistic development, like social avoidance, silence, or wanting to be alone. Your instinct may be to encourage her to be more confident, but it may be even more helpful to let her voice her discomfort or feelings of awkwardness. Be a sympathetic listener, and don't feel the need to correct her feelings. She's going through enormous changes, and some of them are very hard to get used to.
- Two-parent homes should have both parents initiate regular times of deep connection with your daughter. It's ideal for a girl's mom to guide her through puberty changes—but a dad or close relative can certainly step in if mom is not available or close to her daughter. Communities—including other trustworthy voices investing in your daughter—make a powerful difference in this vulnerable time for your girl!
- Your daughter will be insecure. A flood of new hormones is significantly impacting her body, emotions, mind, and social awareness which will affect her feelings of identity. Girls at this time often begin to separate from their parents to distinguish themselves as unique individuals. This is healthy!

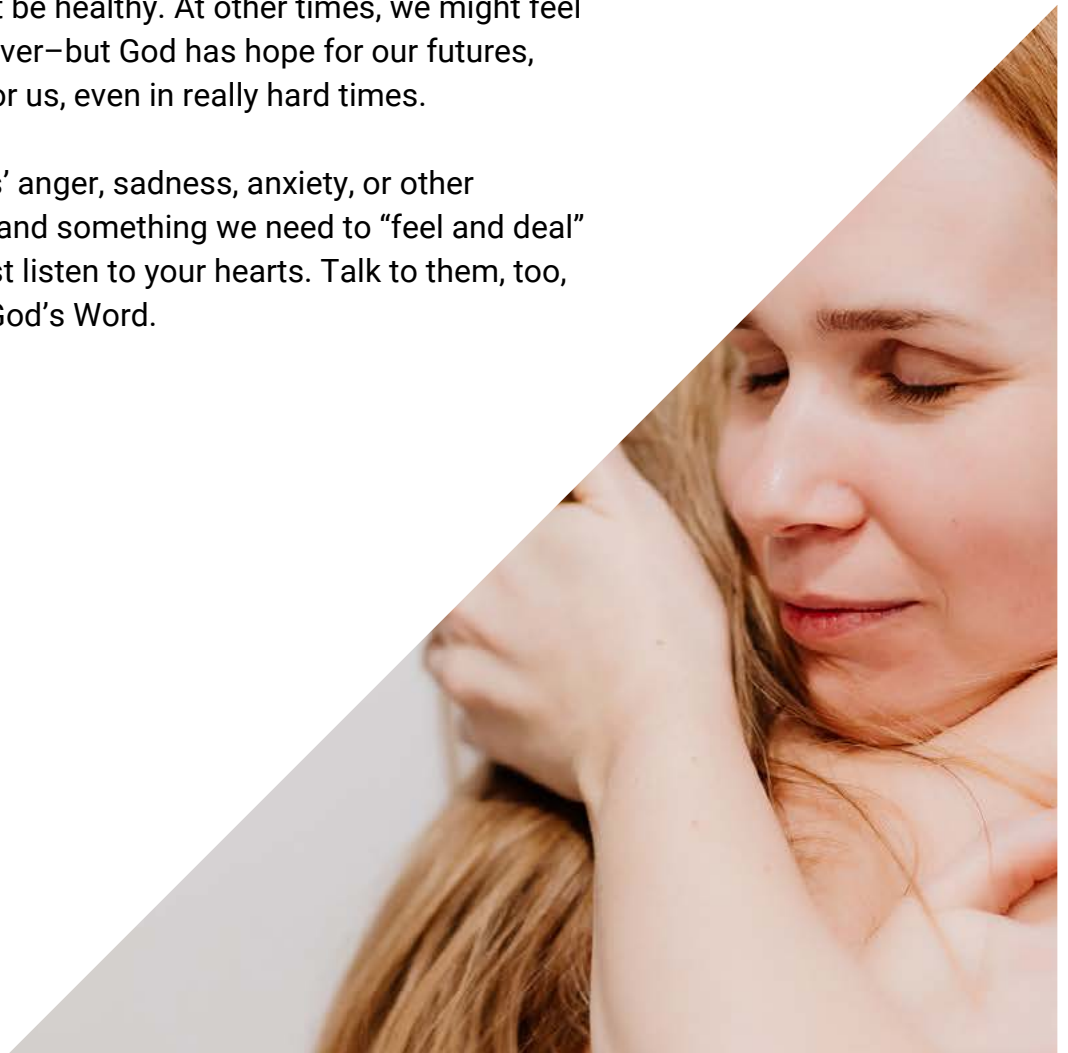


It will be incredibly important that your daughter has a safe group of friends who are cheering her on. Encourage involvement in a youth group, sports, or any kind of real life involvement with other kids.¹

- Teach both sons and daughters the difference between reality and feelings, while still validating that a child's feelings are still important "dashboard lights" to what's going on under the hood of their lives.

An easy example: When we feel like we're starving, we think we could eat a whole pizza. But we don't: We know that also wouldn't be healthy. At other times, we might feel like our world is over—but God has hope for our futures, and good plans for us, even in really hard times.

Validate your kids' anger, sadness, anxiety, or other emotions as real and something we need to "feel and deal" with. But don't just listen to your hearts. Talk to them, too, with the truth of God's Word.



¹ Sissy Goff and David Thomas discuss this age-range in depth on their podcast and Instagram account Raising Boys and Girls and give many of the helpful suggestions listed here. <https://www.raisingboysandgirls.com>

Boys



In boys, puberty usually occurs between the ages of 9-14, and will include:

A growth spurt.

Broadening of the shoulders, and muscle development spurred on by dramatic increases in testosterone.

The production of sperm in the testes, often accompanied by nocturnal emissions (wet dreams).

Deepening of the voice, along with the appearance of an Adam's apple.

Growth of the penis and testicles.

Increase in libido and sexual desires.

Hair growth on the face, underarms, and pubic area, possibly alongside other body hair growth.

Appearance of acne.

These changes take place over the course of several years.

What this looks like:

- Your son may start thinking about what it means to be a man. He might come into the bathroom to watch his dad shave or want to know how to tie a tie. It's likely he will be not just interested, but consumed with ranking well in the social pecking order—usually knowing immediately who is the funniest, best-liked, or most athletic kid in class.

Help him think deeply about these issues of identity, manhood, and friendships by asking questions like, "What makes a good friend?" or "Who is a man that you admire?"²

² Ibid.

- Your son will experience a **20-fold** increase in testosterone during puberty (you read that right), which will deeply affect his emotions and behavior. This often includes strong sexual urges, risk taking, anger, and aggressive outbursts.

20x

It's vital that you give him opportunities to explore his world and take appropriate risks, which develops competence (that sense of "I can"), courage, and confidence he'll need now and into adulthood. While not every boy is the same, many will enjoy adventurous activities like rock climbing, white-water rafting, and mountain biking. If your son's not into these kinds of activities, brainstorm ideas of other areas he can establish a sense of ability and accomplishment.



No, identity can't lie in what we do, or power, control, others' opinions, social clout, reputation, etc. But all of us thrive with a sense of agency, purpose, connection, acceptance, and an idea of what we were created to contribute.

- Read a book together about your son's changing body or about emotions in order to set him up for what's about to happen. Take him camping or on another trip he'd enjoy. Set aside one night of the week to go to his favorite restaurant, or grab a snack or drink together. Intentionally establish multiple ways of creating solid relational connection as you have these conversations.



While it's ideal for a boy's dad to guide him through puberty changes, a mom or close relative can certainly step in if dad is not available or close to his son. Surrounding your son with a community of voices to invest in him is wise and meaningful in this vulnerable season. Let your son experience deeply and often that he is loved and respected by the authority figures in his life.

Note the difference in the timing, range, and differences of puberty between genders. If you look at a 6th grade class picture or sports team, you might see a few kids who have had a growth spurt and are fully developed, while others still appear very young. This can impact friendships, social standing, confidence, coordination, athletic performance, attention/social treatment from older kids and adults, and often, insecurity.

For example, a girl who hits puberty early may be sexualized by classmates or older teens. A boy with slow development may be mocked because he is short and skinny compared to classmates (or assumed he's 11 when he's 14).

As a parent, you can provide invaluable assurance and encouragement to your child: Even if they are developing differently than classmates, their body is designed on purpose, with God's perfect timing. It's doing just what it should. (If you're not sure, talk with your child's pediatrician.)

Actively, compassionately listen when your child wants to vent about insecurity, anger, anxiety, or frustration. Reiterate that you want to hear about and understand their experience.



Your child has burgeoning romantic feelings.

Your child's interest, questions, and feelings about romance are exploding. Your child may experience first feelings of attraction, be curious about romantic relationships, or become incredibly awkward around members of the opposite sex. When hanging out with friends, this may be the main topic of conversation as they all express their feelings, process experiences, and ask each other questions.

What this looks like:

This is often an age when girls develop crushes—even on other girls, assuming emotional intimacy means attraction—or boys might try to align themselves with the credibility and prestige of the most charismatic or athletic boy in class. (Don't miss *Talking To Kids About Sex? Don't Forget About Identity.*)

Be patient, gently speaking truth at the right time if your child seems to be attached or attracted to the “wrong person.” This is a time of searching and evolving. Your child is learning what's attractive to them (or not) in various potential relationships—and why, how another person affects them, and what they long for in relationships.

Let these experiences open up conversation about romance, healthy friendships, boundaries, desire, and character. Ask questions like, “What do

you like about that person?” or “What does it look like, in your mind, for someone to treat you or other people with respect?”

A girl might start to feel awkward around her dad, because she feels awkward around all boys and she's painfully aware of the fact that her dad is a boy, too! Be sensitive to her comfort levels, but don't let her push you away. It's never been more important for her to have a healthy, secure, and loving relationship with her father or father figures.

Be constantly vigilant! Curiosity about romance and sex may consume your child. They may seek out answers from friends, the internet, or books you have on the shelf or at the library. Twelve is the average age of first exposure to pornography, so consider all the places where your child might have access to the internet while at school, with friends, or visiting family. Take wise precautions, and talk openly with your kids about the personally and relationally destructive, addictive nature of porn. (More on this later.)



What terms and vocabulary to use:

Teen Slang

Use proper terminology, but acquaint yourself with common slang well enough to

- Understand its meaning.
- Recognize the difference between what's harmless and what's a red flag.
- Be able to inform your child if they ask.

Because slang is constantly evolving, consult a current list, such as Axis' [Parent's Guide to Teen Slang](#).



Period Hygiene

(Yes, your son needs to know these, too.)

Pads	Also known as menstrual pads or sanitary pads, are absorbent materials worn inside underwear to collect menstrual blood.
Tampons	Cylindrical-shaped absorbent devices inserted into the vagina to collect menstrual blood. Can be used for swimming and other physical activities.
Menstrual cups	Reusable, bell-shaped cups made of medical-grade silicone or other materials. They are inserted into the vagina to collect menstrual blood and can be emptied into the toilet and reused throughout the menstrual cycle.
Period underwear	Period panties have built-in absorbent layers that can hold menstrual flow. They provide an alternative to traditional pads and tampons and can be washed and reused.

Menstrual discs	Thin, flexible discs that are inserted into the vagina to collect menstrual blood. They sit at the base of the cervix and can hold more blood than tampons or pads.
Cloth pads	Reusable pads made of soft, absorbent fabric that can be washed and reused multiple times. They are an eco-friendly alternative to disposable pads.



Gender Identity and Sexual Orientation

Define what a pronoun is in English: a word that stands in place of a noun (a person, place, thing, or idea)—so words like me, you, it, she, he, they. It may feel like the landscape of gender language is ever-changing, so here are some helpful explanations as you talk about whether your family uses people's preferred pronouns—and why. This provides a chance to talk about God's design and hear about your kid's experiences with LGBT+ individuals.

You'll want them to understand these words, too, so they can understand dialogue wisely, thoughtfully, and compassionately.

Attachment	An emotional bond between individuals. It refers to the feelings of closeness, trust, and security that people experience with those they are emotionally connected to.
Gender	The social and cultural ways in which we live out our maleness or femaleness in the world. This is different from Biological Sex : the "physical and biological dimensions of being male or female." This would include primary and secondary sex characteristics like reproductive anatomy as well as chromosomes. God made humanity, in His image, as male and female (Genesis 1:27; 5:1b-2). The male/female distinction represents one aspect of the "goodness" of God's original creation (Genesis 1:31). As followers of Jesus, we embrace the goodness of the sexual difference God created by living distinctly as male and female.
Same-Sex Attraction	Romantic or sexual attraction to someone of the same sex; this term is often used by those who have this experience but do not identify as gay.
Cisgender	A person whose gender identity—the gender they identify with and experience life as—aligns with the biological sex they were born with. For example, someone who is biologically female and identifies as a woman is cisgender.

Transgender	A person whose gender identity—the gender they identify with and experience life as—does not align with their biological sex. For example, someone who is biologically male but identifies as a woman is transgender.
Non-binary	A gender identity that does not fit within the binary categories of male or female. Non-binary individuals may identify as a mix of both genders, as neither gender, or as a different gender entirely.
Genderfluid	A gender identity in which a person's gender identity may shift or change over time. It is not fixed and can fluctuate between different genders.
Lesbian	A woman who is romantically or sexually attracted to other women.
Gay	An individual, typically used to refer to men, who is romantically or sexually attracted to individuals of the same sex.
Bisexual	A person who is emotionally, romantically, or sexually attracted to individuals of both their own sex and the other sex.
Queer	An umbrella term used to describe individuals whose sexual orientation or gender identity doesn't conform to societal norms. Historically considered a derogatory term, some LGBTQ+ individuals have reclaimed "queer" as an empowering and inclusive identity.
Intersex	A person born with biological variations in their sex characteristics, which may include chromosomes, hormones, or reproductive organs that do not fit typical definitions of male or female. This does not constitute a third sex, but rather a term to describe someone who's body developed atypically.
Asexual	A person who does not experience sexual attraction or has a lack of interest in sexual activities.
Pansexual	A person who is romantically or sexually attracted to individuals regardless of their sex or gender identity. Pansexuality is an identity that emphasizes attraction based on personality rather than gender.

Read FamilyLife and Cru's official position on these topics [here](#).

6 Important Conversations with Your Preteen

1. Sex and Marriage

After what are hopefully years of foundational conversations with your child about sex, gender, and their bodies, it's time to introduce conversations about God's purpose for sex. Talk about the goodness of sex within a relationship of covenant love. The outcomes of sex like bonding, procreation, and sexual pleasure all thrive most fully within the context of self-giving love, faithfulness, and monogamy.

What this looks like:

- Feel unprepared for this conversation, or even question your own beliefs about sexuality? You're not alone. Many parents are wrestling with the answers to these big questions about sex. Prioritize your own understanding of God's plan for marriage and sex by reading through a book like *Rethinking Sexuality* by Dr. Juli Slattery or *The Meaning of Marriage* by Tim and Kathy Keller. You may want to ask a trusted friend or mentor to read along with you and help you process your own questions and thoughts.
- As a couple, share with your child some of the happiness of your own relationship. Say things like, "When I first saw your dad, I thought he was so handsome and wanted to be with him all the time," or mention how much you love your friendship with each other. You could also share stories of how you felt at your child's age, or how you felt insecure, or how you had to navigate relationships, too.

2. Invite Questions and Doubts

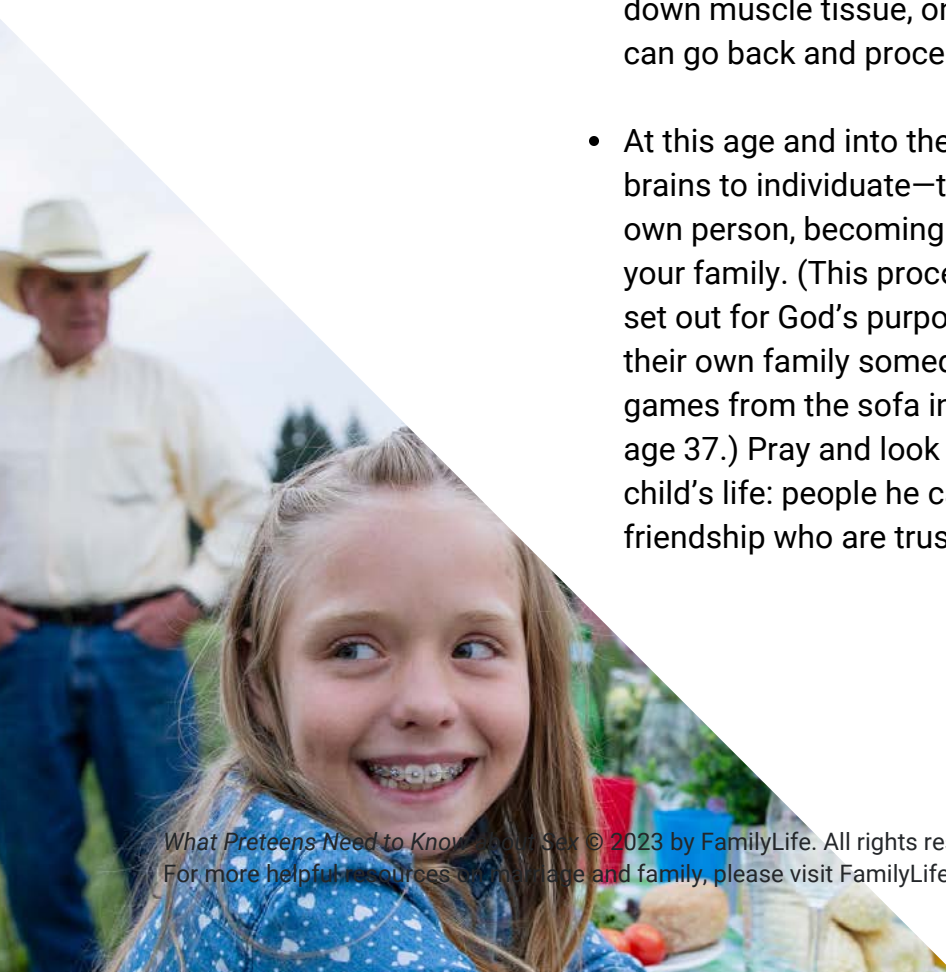
For the first time, your child's brain is able to think abstractly,

logically, and critically. They're getting better at asking questions, interrogating, and arguing.

Invite these questions and doubts, and don't freak out if your child asks about alternative ways of viewing sexuality and gender. This is your opportunity to lean into their questions and engage, teaching them to follow Jesus in every one of our questions.

What this looks like:

- Ask questions like, "Do you have any questions about marriage or sex?" Or "Is there anything about God's plan for sex that you don't like?"
- If your child starts expressing doubts or questions about faith and sexuality, you may experience stress, fear, or anger. This is completely normal, but don't transfer these emotions to your child. Take a deep breath and get curious. Ask your child what they are feeling and wondering about. It's a healthy, wonderful thing that your child wants to talk to you about doubts. (Think of how lifting weights breaks down muscle tissue, only to become stronger.) Later, you can go back and process your own reaction.
- At this age and into their teen years, God's designed kids' brains to individuate—to figure out how to become their own person, becoming a different person from you and your family. (This process can help your child be ready to set out for God's purposes for their own life, maybe start their own family someday, and perhaps avoid playing video games from the sofa in your basement where he lives at age 37.) Pray and look for a lot of godly adults in your child's life: people he can turn to for help, guidance, and friendship who are trustworthy but still different from you.

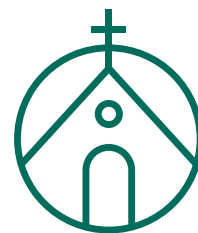


3. How to Have Healthy Relationships

Community lies at the center of who God created us to be (and of who He is!). Your child needs to understand what a healthy relationship looks like in all its different forms. Help them understand romantic relationships and marriage are not the only way to experience intimacy nor to find fulfillment in life. God created us to need each other in all different forms (Genesis 2:18, 1 Corinthians 12:21).

What this looks like:

- Start to build around your child a robust network of relationships with family, friends, and mentors of both genders. Each of these different types of relationships allow for different levels of intimacy, but let your child get used to friendships with boys and girls, kids and adults, men and women, peers and teachers, young people and old, family and friends, and those of varying abilities, socioeconomic classes, ethnicities, religions, etc.
- Model community to your child. Prioritize attending church, youth events, or participation in a small group. Let them see you go out on dates with your spouse, have fun with friends, host people of all kinds, and value the perspective and unique makeup of the opposite sex.



On a separate yet related note, Christian sex educator Kristen Miele also recommends talking about your family values around life. God’s Word indicates life begins at conception (Psalm 139:13-16, Isaiah 49:1, Jeremiah 1:5, Galatians 1:15-16). Chat about how unplanned pregnancy happens (unprotected sex, misusing of birth control or inadequate birth control, sex without being ready for consequences, sexual trauma), and how we can care for unmarried mothers in our communities.

But make sure you also talk about the critical need for communities to support mothers, fathers, and children of unintended pregnancies—and the difficulty of the decision for many who feel ashamed, alone, or silenced.



Like the circles from a rock thrown in a pond, sexuality—when it’s working as planned or isn’t—affects not only the intimate community of our relationships, but the larger circles of our families and friendships. And the decisions of others affect our intimate relationships and sexuality, too.

- As a toddler, your child’s whole world revolved around you. As a school-aged child, they looked for a few close friends. Now, your child is likely going to tune into the “group.” They want to fit in, be accepted, and find positive social standing. Ask questions like, “What do you look for in a friend?” to help them consider for themselves what kind of friends they want.

4. Hygiene and Health

As your child’s body changes during puberty, it has all kinds of new hygiene and health needs. Body odor, acne, and hair growth require new kinds of self-care. Girls face a steep learning curve of hygiene concerns during their period, along with other health concerns. They need you to both teach and enforce proper hygiene until these self-care rituals become second nature and are self-motivated. Help your child gradually assume self-advocacy in their own medical care and in talking to their pediatrician.

What this looks like:

- Keep your child’s bathroom stocked with toiletries, and be especially conscientious when it comes to your daughter’s period hygiene. If she experiences pain or cramping during her period, she may also need ibuprofen or a heating pad. She may need to start carrying a purse so that she can keep feminine hygiene products with her at all times, particularly with the irregularities of girls’ cycles.
- At first, you will be the one making sure your child wears deodorant, takes daily showers, and stays generally clean. Be consistent so your child can develop these healthy habits early.

- Before puberty, teach your child to do her own laundry. Letting them take care of their own laundry will give privacy and agency with embarrassing hygiene needs. Girls sometimes find it embarrassing to ask for help with bloodstains, and it may be empowering and less stressful for her if she knows how to stain-treat and launder her own clothes. This also goes for boys, who may experience nocturnal emissions.

5. Gender and Identity

Gender and identity are hot button issues in our society. This is a developmental stage in which children begin to think deeply about questions of gender and identity. Your child is wondering what it means to be a man or a woman, considering what this means for them and how they compare to others. This is natural and good, but it also means that this is a profoundly formative time for them, a time when they're shaping ideas that will shape the way they see themselves in the future.

What this looks like:

- Give deep, nuanced, and well-founded answers to your child's deep questions about gender and identity. That means that you can no longer give a one-sentence answer, but instead will begin to engage in discussions.

Take advantage of time in the car, or pop a bag of popcorn and sit in a quiet area of the house to create space for these longer conversations. Explaining how our bodies are created in the image of God, and how that influences how we think about our gender, will take some time. So will teaching that identity is not something you discover, but rather a reality that you accept from the One who lovingly declares who we are. (Again, see [Talking To Kids About Sex? Don't Forget About Identity.](#))

Don't simplify or dumb anything down. Your child is ready!





- If your child doesn't fit into normal gender stereotypes, they may begin to feel insecure or to question their gender identity. Find ways of encouraging and affirming the kind of person that God created them. Just because they don't look, act, or feel like most other boys or girls doesn't mean God's creation of their biological sex was a mistake—but that God created them in a unique way. Your child has a meaningful purpose to be the kind of man or woman that God created them to be and thereby showing the world God's love in a way only they can! Continue to affirm the goodness of His choice and design of their biological sex.

6. Porn

Help your child understand [the long-term effects any porn can have on their brain](#).

Sobering results of a wide study from the Witherspoon Institute compares porn's addictive qualities to both cocaine and heroin at the same time. Like cocaine, porn brings the flash of dopamine from sexual arousal. Like heroin, it also brings a relaxing release.

Repeated exposure to porn widens neurological pathways, making them more easily traveled (like a path through a meadow). Those areas of the brain are particularly very changeable...so porn can actually change brain structure, demanding greater stimulation for the same satisfying results.

As if that weren't enough, the Institute reports, "There is no timeframe of abstinence that can erase the pornographic 'reels' of images in the brain that can continue to fuel the addictive cycle."³

So work to stay ahead of technology in your own home. Assume your kids are smarter and more informed than you think they are.



³ Morgan Bennett, "The New Narcotic," The Public Discourse, October 9, 2013, <https://www.thepublicdiscourse.com/2013/10/10846/>.

With this in mind, install protection on your home's internet router (free options exist), and perhaps monitoring software if your child has a phone.

Still, remember that ultimately, a child's own heart is the battleground here. Safeguards only get us so far.

So . . .

- Together with your child, develop a reasonable plan for how your child can respond in various potential scenarios when porn makes an appearance.
- Remind them never to search potentially sexual terms on the internet to find out information. You'll answer whatever questions they have, even if they're super-embarrassing. If you don't know the answer, you'll find out in safe ways.
- Find a helpful resource, like *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids* by Kristen A. Jensen M.A.. Read this book to your child and use the included discussion questions to foster a straightforward and age-appropriate conversation about porn.

- Talk about sexting with your child, especially if they have a phone; their friends likely do. Your child should know what sexting is and what it includes (e.g. "bad pictures of someone without their clothes on"), and that this is never, ever okay. In her curriculum, Christian sex educator Kristen Miele recommends kids use the acronym S.T.O.P.:



Shut your eyes.



Tell an adult you trust right away.



Open your eyes to good things around you.



Play with something else.

If your child forwards a sexting image they receive of someone underaged—even from a friend’s phone—they can be charged with distribution of child porn...and even be publicly labeled a sex offender.

If you’ve said “yes” to a phone, weigh the pros and cons of being able to send your child images via text (not just using AirDrop or email)—and consider disabling this technology. Consider your parental access and viewing abilities. Parents should be able to see all material on the child's phone.

- Miele, author of the SexEd Reclaimed curriculum, notes that your child may feel young for conversations about human trafficking—but unfortunately, that’s what traffickers hope for. Discuss red flags, like people who take your child away from friend groups or who try to pressure/manipulate/coerce your child into looking at our participating sexual images, watching pornography, or being sexual together. Sometimes those actions and images can be used against their victim later on (called “sextortion”).



What you might be curious about:

You and your child's questions on this topic can be endless, but we wanted to bring up a few we've heard often. Short paragraphs likely aren't enough. Still, we hope to offer some perspective to get you started.

How can I train my son to be confident in his masculinity while steering clear of toxic masculinity?

Toxic masculinity is under scrutiny these days—and rightly so. But you can affirm your son’s God-given “maleness” while also cultivating his character. Consider the “fruit of the Spirit” as wise guidelines: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). Because these things are evidence of the presence of God in a person’s life, then none of these qualities are gender specific, nor can you be “a good man” without them.

Miele recommends talking with your child about the complexity of David—who was both a deeply emotional poet and a warrior—and the discerning boldness of Deborah, Abigail, Ruth, Mary, Esther.

When should I give my child a phone? Should I let them have a social media account?

Social media has been shown to be particularly harmful to girls, and this is the age at which most boys view pornography for the first time. While social media or unsupervised internet access is not recommended at this age, your child may need a phone for reasons of convenience or safety. Perhaps you give them a phone with messaging capabilities, or maybe only a smartwatch that they can use in an emergency. Parental control apps and settings allow you to monitor up to everything your child views on their device.

When will my daughter start her period?

Generally, kids take after their parents in this area. A girl will probably (but not always!) start her period around the same time as her mother. This is often about two years after her breasts begin to develop, and one year after vaginal discharge begins. Yet you still can't predict the day it will start, so if you think there's a chance she could start her period in the next six months, prepare by letting her know it may happen soon. Stock some pads in the bathroom, give her a small cosmetic bag for her backpack or purse, and brainstorm together what she could do if her period starts away from home.



What your child might be curious about:

I just had a crazy dream and now my boxers are wet.

During puberty, boys may have nocturnal emissions, or “wet dreams,” in which they have an involuntary release of seminal fluid while asleep. So that this doesn't catch him off guard, let him know that this natural part of growing up can happen: It's not a sign of unhealth or disease, nor is it something to be ashamed of—as if he's done something wrong. Not all boys experience nocturnal emissions, but if they do, it's just a part of the body's healthy cycling process.

Note that girls may also experience vaginal discharge, either at certain points in her monthly cycle or at night while having a sexual dream. This is normal, and just another

sign she is a sexual person. Some girls find it comfortable to wear pantyliners to keep their underwear dry.

I have hair growing everywhere! What should I do?

A mark of puberty is hair growth on underarms, the pubic area, and face (for boys). Preteens need your help to learn how to safely remove any unwanted hair. Boys will shave their faces and girls may want to shave their legs, underarms and, in some cases, their pubic hair. Some boys and girls may want to trim or shape eyebrows as well.

Model to your child your own process (a single parent of the opposite sex could ask a trusted adult for help with this), possibly including shaving cream as a lubricant to ease the process. Be available to provide support or answer any questions as your child begins the regular habit of shaving.

I saw a pretty girl and got an erection. Does that make me a bad person?

New hormones and a developing mind means your child's sexuality is blossoming. Remind your child his sexuality is a good thing. If he feels excited or has sexual feelings in response to a beautiful girl or the thought of sex, this is a natural thing! God made him this way for a reason, and there's a good purpose for it at the right time. Help him to understand it's not shameful to have sexual feelings, but that he is responsible for his response to them, preventing himself from selfish and/or immoral sexual thoughts (Matthew 5:28).