## Typical Sexual Development

<table>
<thead>
<tr>
<th>Age</th>
<th>Typical Behaviors</th>
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| Birth to two  | • Touching genitals for pleasure-self-stimulation  
• Discovering body.  
• Physical closeness with primary caregivers, holding, clinging, cuddling, nursing, dressing, playing  
• Adjustment of self-stimulation to conform to external reactions from others  
• Initiating and responding to physical touch, including hugging and kissing.                                                                                                                                 |
| 2-5 years      | • Continued exploration of body.  
• Increased curiosity about differences between boys/girls, men/women. Dressing up (including boys dressing up as girls).  
• Labeling/naming of body parts, sensual feelings, and body functions  
• Touching genitals in public.  
• May rub genitals for relaxation.  
• Some reflexive sexual response (erection or lubrication).  
• Curiosity about private parts.  
• Trying to view adult or peer nudity.  
• Enjoys touch and nudity.  
• Playing games such as 'doctors and nurses' and 'I'll show you mine ... ' i.e. showing genitals to peers and exploring peers' genitals. Consensual exploration of same age peers' bodies.  
• Questioning how babies are made and delivered.  
• Joking about genitalia and body functions  
• Fascination with "obscene" words  
• Modeling of parental interactions of expressing affection; continued responding to others with hugs, kisses, and cuddling  
• Possible jealousy of intimacy shared by parents  
• Opportunity for parent-child communication about sexuality development |
| 5-10 years     | • Interest in how babies are made.  
• Continued self-stimulation in private. Masturbation for pleasure.  
• Continued curiosity about bodies. (Can be same gender and is not indicative of future sexual preference.)  
  - Peer discussion regarding sexual behavior  
• Beginning to adhere to peer group style and gender roles in clothing and play.  
• Increased need for personal privacy  
• Opportunity for parent-child communication about sexuality development |
| 10-14 years | • Continued sexual play and exploration between same and opposite sex peers (secretive and hidden from adults).  
• Thinking, talking and dreaming about sex.  
• Watching sexually explicit material and masturbating to orgasm.  
• Interest in the opposite sex. Feelings of attraction may become sexual. Sexual fantasies.  
• Dating, kissing and 'petting'.  
• Interest in sex in the media.  
• Peer discussions about sexual behaviours.  
• 'Boyfriends' and 'girlfriends' often established.  
• Onset of puberty (late childhood); making the shift into adolescent sexuality development  
• Continued opportunity for parent-child communication about sexuality development |
| 14-18 years | • Continued masturbation for pleasure.  
• Becoming self-conscious. Body-image and self-esteem issues may arise. Continuing to be influenced by peer group.  
• Fitting in is important.  
• May begin having sex.  
• Sexual wishes and fantasies.  
• Continued opportunity for parent-child communication about sexuality development |

(from Hartman, 2014; and Realmuto & Ruble, 1999)