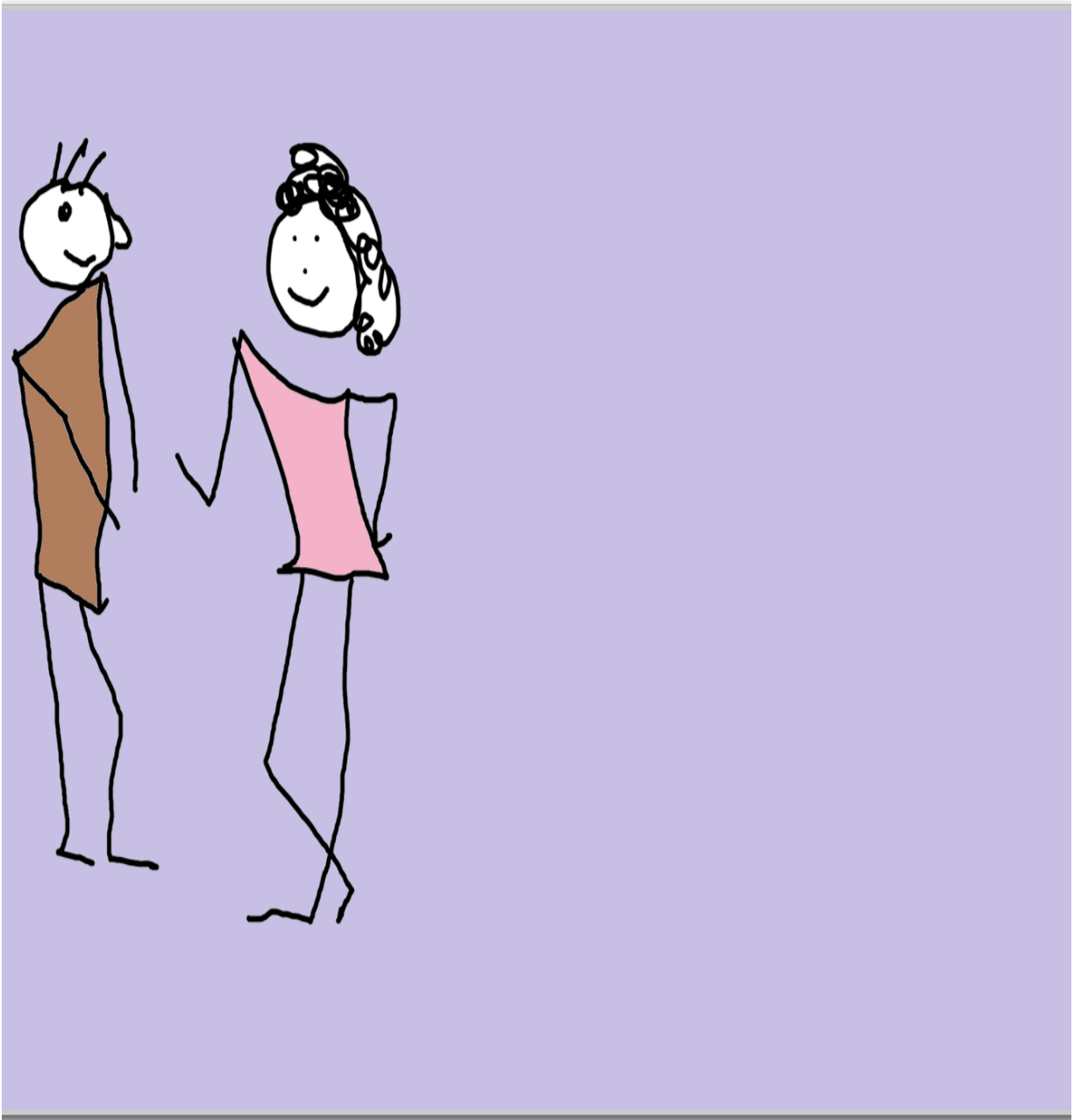


Amrita's Heart-to- Heart: Understanding Kisses

By Lydia Sterry

Illustrations by Joel and Veola Sterry



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Kids, embark on a Heart-to-Heart Journey with Amrita! Explore the journey of Amrita as she learns about the importance of trust, care, and building real relationships. Join us for an engaging and heart warming story that empowers you to make good choices about relationships. Let the Heart-to-Heart journey begin!

Dear Parents/care givers: join us in a delightful eBook that navigates the tricky waters of children's curiosity about relationships. In 'Amrita's Heart-to-Heart: Understanding Kisses,' follow the candid conversations between young Amrita and her mum as they tackle the not-so-easy questions about kissing and relationships. Have you ever wondered how to respond when your child hears confusing terms about relationships at school? Discover a story that normalises dialogue, offering a safe space for children to ask questions. Recommended for children aged 6 and older, this tale provides valuable insights into navigating the complexities of relationships.

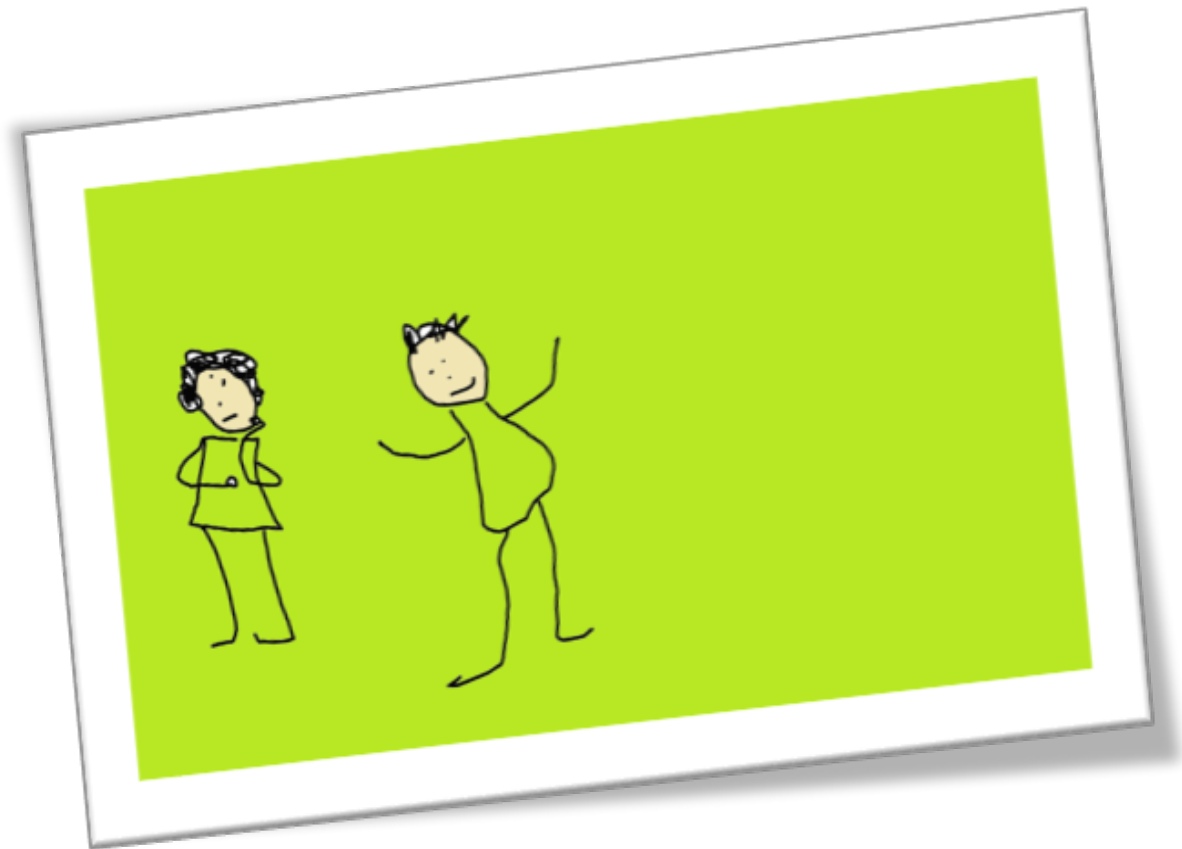
Parents, be prepared for meaningful discussions with your little ones as you embark on 'Amrita's Heart-to-Heart' adventure together. Let's foster understanding and create a foundation for open communication with our children!

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"By the way mum," Amrita said, moving to sit down close to her.

"Some boys in my class are **ranking** girls by what they'll do? One of them said yesterday, 'you're either 'pretend kissing,' 'real kissing,' or an 'oral kissing' girl."



"Wow," Amrita's mum said, struggling to believe what she just heard.

She then added, "and, um, err, what did they call you?"

"Oh, they said I was the 'no kiss girl,' but what's 'oral kissing girl' mum?"

Taking a **deep** breath out with relief, Amrita's mum said, "it's just where you might touch another person's private parts with your hands or your mouth. But hang on, how do you **feel** about being the 'no kissing girl'?"

"Well, I feel a bit kind of left out, like I'm supposed to do something,"
Amrita said, lowering her head.

"That's just it, that's what the ranking is for; to try to make you do
something you actually **don't want** to do."

"But," her mum added, "this is really important stuff to understand because
this is the kind of stuff that we can all get caught up in. If you do any of
these things **without** being in a relationship, what do you think might
happen?"

"It might be fun but say a bit scary?" Amrita said, biting her lip and feeling
unsure.



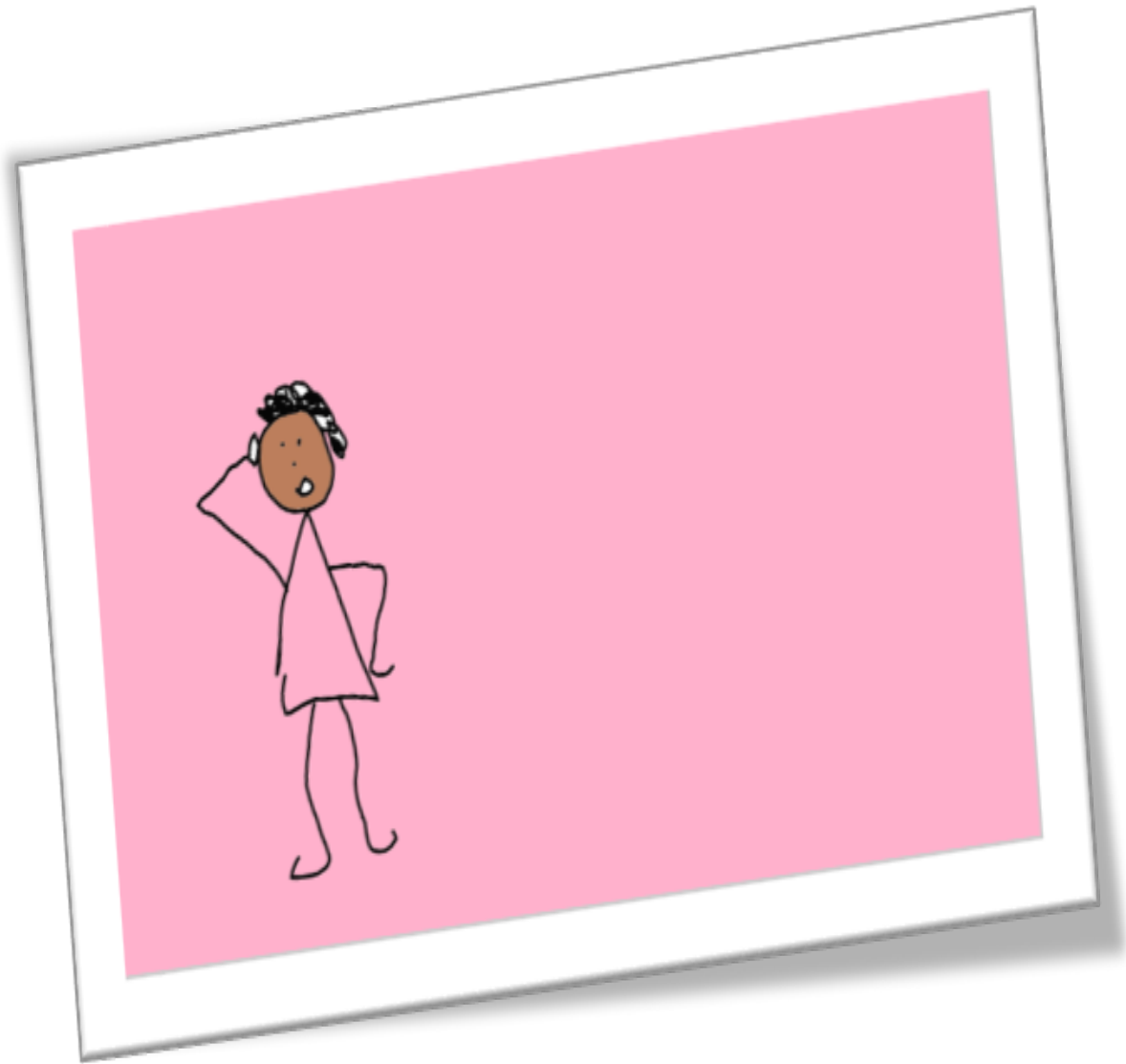
"Well, no, it could actually leave you feeling quite **hurt**."

"What do ya mean mum?" Amrita said, wondering.

"Well, you could do all that stuff outside of a relationship, but it'll be all wrapped up around **empty** feelings. I'd prefer you to get interested in exploring what these things feel like with a partner you **trust**."

There was a slight pause, and then her mum continued, "you might even think the boys will like you more, but they won't, you'll probably end up feeling really used."

"But," Amrita interrupted. "What happens if there isn't anyone I can trust to do this stuff with?" Amrita said, showing her **sad** face.



Sweetheart," Amrita's mum said, putting her arm around her. "There's no rush to find someone to share this kissing stuff with. It's just good to know that you have inside knowledge about how this stuff could feel a whole lot **better** once you're an adult and ready to make those decisions."

Her mum went on to say how when she'll eventually find that special person where she could explore the real thing, with real care. "You know," she added, "where you really put the effort into getting to know someone. Then

once you build trust with that someone, you could start to explore **real heartfelt** feelings with them while doing this kissing stuff."

"Yep, you're right mum, I think I'd rather wait and just ignore what all the boys are saying," Amrita said feeling a little better.

"Most definitely Amrita, the way they're behaving just shows how they're not ready to really start a **true relationship**."

There was a bit of silence as Amrita imagined herself walking away with her 'whatever' attitude from the boys at school calling her 'the no kissing girl.'

After a few seconds, her mum added, "you might want to start understanding how life is about building real relationships before any of this kissing or naked stuff happens. And especially building a relationship with someone who doesn't care what 'kissing name' others are calling you but how they care more about **'hanging out'** with you because they really like you."

"Like, having a real relationship with someone who cares." Amrita said nodding, feeling smart she could follow the conversation.



"Exactly," her mum said feeling proud of her.

She added, "**when you're an adult** and once you start to have a real long relationship with someone, say after about 6 months of talking, spending time together, having fun, going out, you then might be in a better position to decide if you want to explore this kissing stuff. And if you do, you know it'll be safe, more loving, more caring, and far from empty."

"Yeah mum, makes sense." Amrita said leaning into her mum's side and feeling happy to let go of all this kissing stuff until she's older.

The **End**.

Maybe you could ask your special trusted adult more about what ‘real’, caring relationships look like and ask them to share their relationship experiences when they were your age. Enjoy talking about all this and becoming clued up on how to avoid falling into the many empty relationship traps out there. Good luck!

