

## MARY FLO RIDLEY BIO

Since 1986, Mary Flo Ridley has encouraged and equipped parents of young children to be successful in the daunting task of guiding their child's sexual values.

Mary Flo began this talk after being asked by a community organization if she would attend a conference to address this topic. Mary Flo had young children at the time, and she quickly realized that she did not agree with the message being given. She intentionally set about making a plan with her husband for how the topics of sex, babies, family, and privacy would be addressed in her family. Mary Flo noticed other parents struggling with the pressure of how to approach these sensitive topics, and decided **it was important to give other parents the confidence to develop their own plan for what they want their child to know about sex.**

She walks parents through very specific ways to answer their child's early questions with confidence. They learn how to identify teachable moments, share their values, and develop a positive plan for the pre-school to pre-teen years. As a result, parents become their child's loving authority on the subject of sex.

Mary Flo is a graduate of Southern Methodist University and has been married to her husband, Dave, for 30 years. They reside in Dallas, Texas, and have 3 adult children.

She is the author of *Simple Truths with Mary Flo Ridley*, a book and video series developed to give parents a plan for shaping their child's sexual character by giving them simple conversations at an early age. Mary Flo speaks nationally to various parenting venues and medical conferences.

