

## Sexual Health Talks for Parents & Guardians

We recognize that having talks with youth about sex can feel uncomfortable and daunting. Here are some tips to help making having the Talk(s) easier:

- Talk early and often. Be “askable”. Make it clear that this is a topic that you are **open** to talking about. Take advantage of “teachable moments” as they arise.
- Use **correct terms** for body parts! Knowing the real names for their body parts makes it easier to communicate about them and keep them safe. Watch your language! It is so easy to shame without even realizing it.
- Let them know your values and beliefs around sex/dating as well as your **clear** boundaries and expectations **for** them.
- Identify a safe adult person that you will feel comfortable with them going to with questions if they ever feel you aren’t that person.
- Discourage early and frequent dating. Group dates are preferable to one-on-one before the age of 16. Support relationships that are close in age (no more than a 2-year age gap). Big age gaps can cause an imbalance of power between partners.
- You don’t have to have all the answers! It’s ok to say “I don’t know let’s look that up together” or “let me think on that”. Only answer the questions asked – if they ask about a star don’t explain the whole solar system.
- Model and teach healthy behaviors – good self-esteem, healthy friendships, reinforced consent messages go a long way to prevent risk behaviors and abuse.

### Keep the Conversations Open!

Door Openers	Door Slammers
"What do you think?"	"You're too young."
"That's a good question."	"If you say that word again, I'll ..."
"I don't know, but I'll find out."	"That's none of your business."
"Do you know that word means?"	"I don't care what your friends do."
"I'm glad you told me about that."	"That's just for boys (girls)."
"I'm trying to understand what you're feeling."	"We'll talk about that when you need to know."

### Learn more about Sexual Health and being an “askable” parent:

**READ:**

The Sex Positive Families Reading List  
(<https://sexpositivefamilies.com/sex-positive-families-reading-list/>)

The Sex Ed Rescue Book List  
(<https://sexedrescue.com/sex-education-books-for-children/>)

Amaze.org’s #AskableParent Challenge  
(<https://amaze.org/askableparent/>)

**LISTEN (Podcasts):**

Sex Positive Families the Podcast  
Six Minute Sex Ed by Kim Cavill  
About Consent by Rosalia Rivera  
Joyful Courage by Casey O’Roarty



## On-line Resources

### **BROWSE:**

**Sex Positive Families** (<https://sexpositivefamilies.com/>) provides parents and caring adults with education, resources, and support to raise sexually healthy children using shame-free, comprehensive, and a pleasure positive approach.

**Amaze.org** offers animated videos and digital content for parents and children on sexual and relationship topics in a FUN and engaging format. Amaze Jr. is for the elementary set while amaze is geared towards middle and early high schoolers.

**The Sexuality Resource Center for parents** (<http://www.srcp.org/>) gives tools, tips and tricks for teaching children about human sexuality.

**Birds + Bees + Kids** (<https://birdsandbeesandkids.com/>) tips, blog posts, a podcast, and courses on sexual health education to help every kid grow up to be a whole and healthy adult by teaching the grown-ups who love them how to openly and confidently talk about sexuality.

**Consent Parenting** (<https://www.consentparenting.com/>) teaching about body safety, boundaries, and consent to parents (who may be survivors of childhood sexual assault) so that they can empower their child to prevent abuse.

**My kid is Gay** (<https://www.mykidisgay.com/>) resources that help families who have a child who identifies as LGBTQ+.

**Sex Ed Rescue** (<https://sexedrescue.com/>) are you ready to start talking with LESS cringe and more confidence? Sex ed 101, puberty resources, a Facebook community, YouTube videos, books, and more!

**Scarleteen** (<https://www.scarleteen.com/>) inclusive, comprehensive, and supportive sexuality and relationship info for older teens and emerging adults.

**Planned Parenthood** (<https://www.plannedparenthood.org/learn/parents>) a wealth of sexual health info and resources for the whole family.

**Gender Spectrum** (<https://www.genderspectrum.org/>) a comprehensive collection of research, resources, and stories to help any family member learn about gender diversity.