

PARENTS AS SEXUALITY EDUCATORS

How to Have Sensitive Conversations

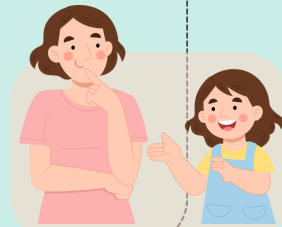
USE A DIFFERENT APPROACH

If we approach conversations assuming it is our job to prepare our children for happy, safe sexual lives, focus changes to what they need to know, and what choices will help them reach that end goal.



BE CURIOUS & INTERESTED, NOT PREACHY

Using a relational way of talking (talking with, not to, being respectful, inclusive, honest and compassionate) encourages your children to open up.



ACKNOWLEDGE WHAT'S GOOD

Acknowledging what's good about love, sex and relationships teaches young people what to aim for, and can help them see that sexual relationships are worth waiting for.



FOCUS ON THE PRESENT MOMENT

What does your child need to know right now? Finding out what they already know and why they want to know, can help you answer appropriately to what they need to know.

DE-PERSONALISE FIRST

Using examples that encourage curiosity about their worlds and the bigger world that we live in. i.e. gender stereotypes, opens a non-confrontational door to important topics.



SHIFT THE CONVERSATION AWAY FROM RISK

Talking about the positive aspects of sexual identity, desire and behaviour opens up opportunities for talking about the harmful aspects.

