

# More Tips for Parents and Significant Adults When Talking About Sexuality

## **BE ASKABLE**

Let your child know that they can ask you anything. Try this response to give yourself time to think: "That is a good question."

## **LOOK FOR TEACHABLE MOMENTS**

Use a TV show, newspaper article or situation among family, friends, or neighbors to open a topic.

## **KEEP IT SIMPLE AND AGE APPROPRIATE**

## **LISTEN AS MUCH AS YOU TALK**

## **USE "I" MESSAGES (to avoid defensive reactions:**

"When \_\_\_\_\_ happens, I feel \_\_\_\_\_. Next time, I wish (or expect) \_\_\_\_\_."

## **AVOID GUILT, SHAME OR SCARE TACTICS.**

Reassure them that they are normal. Use facts and share your family values.

## **CHOOSE A TIME AND PLACE TOGETHER, AND SET MUTUAL GROUND RULES.**

What will make you both comfortable and ready to listen?

## **IF YOU DON'T HAVE THE ANSWER, FIND IT OR FIND OUT TOGETHER**

Go to your library, book store, internet or medical professional. Check your resources, especially websites, before sharing them with your child.

Our favorite websites:

## **GET HELP, IF NEEDED.**

Find a parenting class, or parent support group (See Letter to Parents). If you are too uncomfortable with the topic, find a family member or trusted adult who is comfortable and shares your values.

## **SET A GOOD EXAMPLE.**

Let them know what behaviors you value