

TALKING TO YOUR KIDS ABOUT

HEALTHY SEXUALITY

As children are exposed to new ideas and experiences, it can be hard to know what to say. Nobody has all of the answers; what is most important is to keep your conversations going. The discussions are about more than just sex — they are about puberty, changes in bodies, sexual desires versus sexual actions, and knowing and understanding healthy sexuality.

START TALKING:

The strategy is simple: Tell the truth — that is, that sex and sexuality are pleasures as well as responsibilities.

IT'S NEVER TOO LATE

... to teach your children how to:

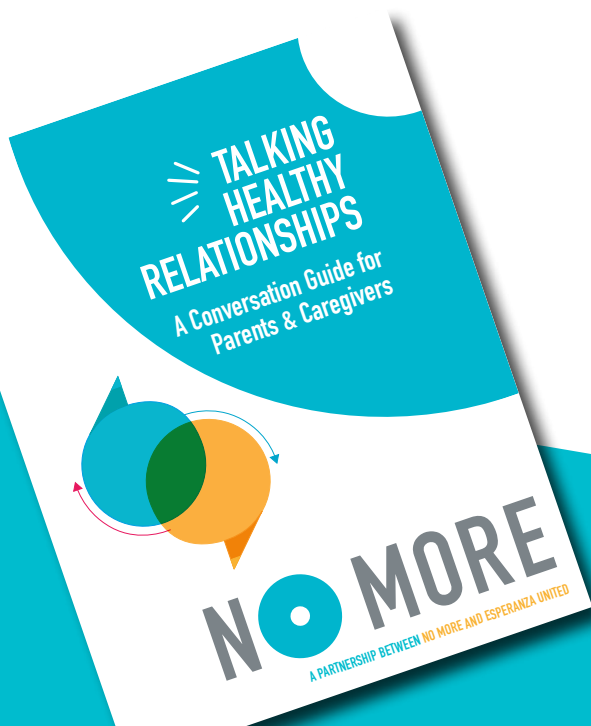
- appreciate their bodies
- express love and intimacy in appropriate ways
- practice “wellness” habits such as regular checkups, safer sex etc.

DON'T BE AFRAID TO USE CORRECT WORDS

Using proper terminology helps to do away with the idea that our bodies and sexualities are shameful, embarrassing, or bad.

TAKE INITIATIVE

- Discuss the differences between love and lust
- Have conversations about the importance of safe sex



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DEEPEN THE CONVERSATION:

TALK ABOUT CONSENT

Learn how to model the rules for consent and actively support your children's practices of consent and setting personal boundaries.

DISCUSS ABSTINENCE AND SAFER SEX

It's possible to talk to young people about both abstinence and safer sex without sending a "mixed message." Understand your role as a parent in teaching young people how to act responsibly when faced with complex decisions.

PREVENT GETTING "CAUGHT UP IN THE MOMENT"

Make sure your teens know that it is not OK to get 'swept away' and make poor choices in the moment. Learn how to support your teen in making healthy decisions, share your feelings, and talk together about intimacy, love, and responsibility.



TAKE ACTION:

Parents play a vital role in educating young people on how to safely prevent and interrupt situations that may lead to domestic and sexual violence.

BECOME AN ACTIVE BYSTANDER

Use the NO MORE bystander scenarios to learn how to recognize warning signs and how to appropriately respond if you think someone in your family is in an unhealthy relationship.

EDUCATE YOURSELF

In order to have honest and insightful conversations with your children about healthy sexuality, first educate yourself so you can answer appropriately the inevitable string of questions they will have.

For more tips, resources, and conversation starters, download the **NO MORE Talking Healthy Relationships** guide at NOMORE.org/toolkit.

