

Topic

Talking to teens about sex

Teens are feeling you energetically, so if you are uncomfortable with the topic or still holding your own stories, it is great to do some of your own inner work first. Accurate information about sex and sexuality is a good thing, it creates a pleasure story, not a shame story.

When educating about Sex and Sexuality, remember the basics:

- Don't try to cover everything at once – it is about lots of talks. Give them the opportunity to go away and think about things. Get them to ask anonymous questions.
- Don't stress if you say too much. If they don't understand or if they aren't interested, they'll forget and ask again when they are ready to hear it
- Remember, it is a friendly chat (not a lecture), especially with teenagers.
- Keep your words simple and factual i.e. With younger kids it's all about Science! As they get older, often more emotion is involved.
- Fact first and then values (if values are relevant to the topic and their level of understanding, ie - sex before marriage,).
- If they are asking the question, it means that they are either naturally curious or have heard something. Satisfy their curiosity by answering them and if you don't know how to answer say "That is a great question, let me have a think about it and get back to you"
- Check what they already know, before answering their question – try asking instead 'What do you think?'
- Collect resources and props that you can demonstrate with.
- Remember to bring in humor and lightheartedness.
- Be sure to keep checking in with your own triggers and angst around this topic. Talk to someone about how it makes you feel or look at any wounds you may have around sexuality.

Resources

Books:

sexedrescue.com

Cath has the best reviews of all the books for each age around Sexuality. She also has the wonderful Sex Ed Quickies if you want more guidance on age-appropriate conversations. This is the best place to visit for Books that are suitable for all ages and topics. She does reviews on all books and resources. Best website for information.

Teaching kids about Consent and Safety for younger children:

safe4kids.com.au

Holly has created a great website to educate parents and health professionals on how to teach kids about Safety and Consent. I recommend doing her online program that helps you teach your child some tools to keep them safe. This is all done in a feel-good manner. Good to have this info even if speaking with teens.

Pornography

[Culture Reframed](http://CultureReframed.com)

Great online program you can do for free. There is also a program that teens can do.

<https://www.defendyoungminds.com/post/this-is-your-brain-on-porn-4-videos-to-help-kids-reject-addiction>

4 videos to show teens about the impact of pornography.

Videos on and info about Consent to show Teens:

<https://www.youtube.com/watch?v=fGoWLS4-kU>

<https://teachingsexualhealth.ca/parents/resource/understanding-consent-video/>

<http://www.teachconsent.org/>

<https://teentalk.ca/learn-about/consent-2/>

Sex Ed resources for Teens::

<https://www.scarleteen.com/>

<https://amaze.org/>

<https://goaskalice.columbia.edu/>

<http://teensource.org/>

<https://itgetsbetter.org/>

<https://www.thetrevorproject.org/>

<http://www.iwannaknow.org/>

Resources for Educators around Sexuality Education:

<https://bishtraining.com/>

<https://amaze.org/>

<https://www.lovesexrelationships.edu.au/>

<https://sexpositivefamilies.com/>