

# Talking about Sexual Health with your Kids



It's never too soon to talk with your kids about their sexual health.

Although the topic may make you uncomfortable, discussing this with your child at an early age helps them develop a healthy attitude about sexuality and make informed decisions as they get older.

## Give accurate information

- If your child asks a question, always try to answer immediately. Take advantage of the opportunity. You may not have their attention for long.
- If you do not know an answer to a question, it is okay to say, "I don't know." Let them know you will find out and be sure to get back to them as soon as you can.
- Give accurate, age-appropriate information. If you do not know something, find out.

## Connect

- Get to know the world our youth live in and try to understand what motivates them.
- Know where your teen is, who they are with, and if it is a social event such as a party, whether adults will be present.
- Minimize dating/hanging out on school nights and hanging out with older teens, especially when no adults will be present.
- Know the parents of your youth's friends and/or someone your teen dates.
- Use teachable moments, such as using a TV show or movie you are both watching, to start a conversation.

Know that talking about sexuality with your youth is an ongoing process that covers many topics, including:

healthy relationships  
making healthy decisions  
bullying

personal safety and consent  
prevention of STIs and HIV  
birth control

positive body image  
gender identity and sexual  
orientation



## Additional Resources

[Advocates for Youth](#)

[Advocates for Youth—Resources and Tips](#)

[Rutgers—Answer Sex Ed. Honestly](#)

[Gender Spectrum—Parent Resources](#)

[7 Ways to Talk to Your Child about Good and Bad Touch](#)

[PFlag for Families](#)

[Planned Parenthood for Families](#)

[Talk with your Kids](#)

For games, videos, quizzes and more visit:

[216Teens](#)

[Amaze](#)

