

## ***Hints for Talking (effectively!) To Kids About Sex and Becoming an Askable Parent***

*“It is simply not necessary to feel entirely comfortable about sexuality in order to communicate effectively with your children. Words are never as important as attitudes.” (Sol Gordon, Ph.D.)*

The following hints are taken from Debra Haffner’s book *From Diapers to Dating*: a parent’s guide to raising sexually healthy children:

Remember that children *want* to talk with you about your values

Don’t just wait for questions

Reward your children’s questions

It’s OK if you don’t know the answer

It’s natural to feel uncomfortable

Find teachable moments

Listen to your children

Facts alone are not enough

Educate both your sons and your daughters

Take the time to think about *what* you want to teach about sexuality

It’s both parents’ job to teach about sexuality.

**PRACTICE!**

Use words and ideas that are appropriate for your child’s level of development

It’s OK to make a mistake

Remember that actions speak louder than words

There is no such thing as too late

Understand there’s a difference between childhood sexuality and adult sexuality

Sexuality education is an ongoing process

Don’t forget to talk about the *joys* of sexuality!