



## TIPS FOR STARTING CONVERSATIONS ABOUT SEXUAL HEALTH WITH YOUR YOUNG PERSON

### DEAR FAMILIES,

During this period of shelter-in-place guidelines, we know you have ample quality time with your kids and may want to have conversations around topics that are important to address but often challenging to navigate. Here's a guide on how to use some of our favorite media tools so you can get those chats going and keep them positive!

### GENEAL SEXUAL HEALTH EDUCATION

[AMAZE Jr.](#) is the way to go for content on questions like "[Where do babies come from?](#)" that you can watch with the littlest ones in your life! For your 4<sup>th</sup>-8<sup>th</sup> graders who missed out on their spring school-based sex ed, you can supplement e-learning time by assigning [AMAZE.org](#) as well! You can watch the videos together, or have your kid choose a few videos to watch and then share what they learned back with you.

Learn how to support your teen's sex ed needs with [Scarleteen](#), which has all the detailed info you could want on young adult sexuality without any shame or stigma attached. Read up on topics ranging from [LGBTQ dating](#) and [masturbation](#) to [sexual first times](#) and [disability and sexuality](#). For real-life examples on how to have a number of these conversations, check out our [Never Fear Talks](#), short videos of actual parents and their young folks chatting about consent, masturbation, etc.!

### PORN & SEXUALLY EXPLICIT MEDIA

As young people likely have more unsupervised internet time than ever before, [here](#) is an excellent resource on having relevant conversations at home about pornography. Tell your kids that curiosity around sexually explicit imagery and media is natural, and that while they may come across it and enjoy looking at it by themselves, these images can be unrealistic, idealized, and not the whole picture when it comes to sex and sexuality.

### SEXTING

Ask your young person how they or their friends are handling romance, crushes, dating, and intimacy; are friends sneaking out to see significant others, or are they relying more on communication via text, Snapchat, DMs, etc.? Check out [this](#) article on sexting in the time of social distancing.





## PRIVACY & MASTURBATION

An increased need for independence and an interest in exploring one's body are common for adolescents. Emphasize to your kids that these needs are developmentally appropriate! Find ways to make sure each family member gets time to themselves. (This is extra challenging with everyone home. Explain the importance of respecting the signs of private time such as closed doors by knocking, asking permission, etc.!) If siblings share a room, help them make a schedule. If family members (including a parent!) walk in on a young person masturbating, it is important that they apologize and excuse themselves promptly. Make sure not to shame a young person in these situations, even in jest! For more advice regarding how to talk to your kids about masturbation, check out these [helpful tips!](#)

## TELEVISION

Make sure your family takes breaks from being on separate screens. Watching TV together can be a great opportunity to spark a conversation without it feeling like "The Talk." We've listed some of our favorite shows with themes relevant to young folk and their families below! (Unless otherwise noted, these shows are appropriate for all ages. However, we always suggest reviewing the content before showing to young people in order to ensure that it is appropriate for your young people's age, stage, and interests.)

- **Sex Education on Netflix** (*suitable for 9<sup>th</sup> grade & up – explicit language, conversations around sex and brief nudity*) – topics covered include sexuality, masturbation, STIs, communication, etc.
- **One Day at a Time on Netflix** - topics covered include sexism, homophobia, coming out
- **Blackish on ABC.com and Hulu** – check out the episode on puberty (season 4, episode 6 "First and Last")
- **Mixed-ish on ABC.com and Hulu** – check out the episode on first dates (season 1, episode 15 "This Charming Man")
- **Steven Universe on Hulu, Cartoon Network** – topics covered include identity, dating, big emotions, gender

## FOLLOW US



For more resources on how to talk all things sex ed, visit us [here](#) and follow us on [Facebook](#) and [Instagram](#) (While on Instagram, go ahead and follow our friends [Sex Positive Families](#) and [Scarleteen](#) as well!)

**SENDING YOU ALL THE GOOD FAMILY TALKS VIBES!**

**LURIE CHILDREN'S DIVISION OF ADOLESCENT  
& YOUNG ADULT MEDICINE SEX ED TEAM**