



# How to Talk to Your Teen About Healthy Sexuality

Talking to your children about sex can be a difficult and awkward moment for many parents. Here are a few excellent websites that offer information and guidance on how to communicate with your child about sexuality and sexual health.

## [www.sexualityandu.ca](http://www.sexualityandu.ca)

A Canadian Website that offers sexual advice for teens, adults, PARENTS, teachers, and health care professionals.

## [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

Viewed as a shared responsibility of parents, schools and community, “choose the information that best fits you and your family values” from this Website.

## [www.talkingwithkids.org](http://www.talkingwithkids.org)

Practical, concrete tips and techniques for talking easily and openly to children about SEX, RELATIONSHIPS, AIDS, HIV, violence, alcohol and drugs.

## [www.healthybodytalk.com](http://www.healthybodytalk.com)

Realistic approaches and tips provided by two nurses with extensive experience in counselling and consulting in sexual health issues.

## [www.sexetc.org](http://www.sexetc.org)

A Website by teens for teens, based at Rutgers University, providing honest, medically accurate information about human sexuality.

## [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

Comprehensive Website for all ages on all health matters; go to sexuality and reproductive health.

## Helpful Hints:

- In order to talk to your child about sexual issues with confidence and comfort, become aware and informed of the facts yourself.
- To enhance the dialogue between you and your teens, become more accepting of your child's attitudes and values towards sex, even if you do not agree with them.
- YOUR ATTITUDE towards sex will greatly impact how and if your child talks to you about sex. Creating a comfortable atmosphere for understanding and open communication can influence how your child talks to you.
- Discuss your beliefs and values. Kids need to hear them!
- Start the discussions at an early age. Use proper terminology for body parts.
- Peers are important to youth. Get to know your child's friends and establish a dialogue with them.
- If your child is engaging in risk-taking behavior, don't get upset. Discuss your concerns with your child and be able to refer your child to appropriate resources.