

## 8. Stay positive

We learn a lot from our parents and family about attitudes towards sexuality. If you respond with shame or guilt, your child will think that these topics are taboo or inappropriate. It is totally natural for children of all ages to have questions, and it is important to answer those questions without making the child feel shameful or “bad” for asking.

## 9. Plan ahead

Chances are, your children are going to ask you questions, whether you are prepared or not. The best method is to plan ahead for questions. Make sure you are educated and informed, and that you have other resources and community contacts to turn to if you need more information.

## 10. Start the conversation

Though eventually your child will probably come to you, why not beat them to the chase? By opening the conversation yourself, you show them that there is nothing to be ashamed of by asking questions, and that you are open to conversation whenever they are. It is always best to take a pro-active approach and make sure your child has the information they need *before* they are sexually active.

For more information and resources-  
check out...

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

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

[www.skprevention.ca](http://www.skprevention.ca)

[www.plannedparenthoodregina.com](http://www.plannedparenthoodregina.com)

Or call us to talk more!

Education Coordinator  
Planned Parenthood Regina  
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Planned Parenthood Regina

Because A Community Is Only As  
Healthy As Its Youth!

# How to Talk to Your Kids about Sex: A short and sweet tip guide

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## Top 10 Tips for “The Talk”

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### 1. Make it “The TalkS”

It’s not a great idea to overwhelm your children with one giant conversation. A better plan is to have several smaller conversations. This allows them to process information as they are ready for it, and shows that you are always open and available for conversation at various times.

### 2. Invite openness and honesty

Try to answer their questions honestly without showing any bias. It’s okay to communicate your own values and emotions to them, but making them feel judged will only shut down the lines of communication.

### 3. Show concern – not criticism

They should understand your concern is for their well-being, and you are not critical of them or the mistakes they may have made.

### 4. Show interest – but don’t be intrusive

Ask questions inviting them to share their experiences, but don’t invade their privacy. If they don’t want to answer a question, or if they give a vague answer, don’t push it. Showing that you are respecting their space will make it more likely for them to come to you again in the future.

### 5. Share more than just facts

It is important to talk about attitudes and values as well as the practicalities around sex. These aspects play a huge part in our sexual development, and it is important to discuss them at every opportunity. Again, being non-judgmental and open-minded is the best approach.

### 6. Seize the moment

Utilize the teachable moments that come in day-to-day life. A romance scene on TV, a sexualized commercial, or a story about a teen pregnancy are all great ways to start a short conversation with your child. Ask them how they feel about the story, or what they would do if they found themselves in that situation. Keep the conversation casual and hypothetical.

### 7. Don’t make assumptions

Asking a question about something doesn’t mean they are doing it. They may have heard something on TV or at school, or they might be testing you to see how you would react if they came to you with a personal issue or confession. Try to answer questions objectively without showing judgment or bias.