

**YOU DON'T WANT TO TALK ABOUT SEX.  
YOUR KIDS DON'T WANT TO TALK ABOUT SEX.  
HERE'S HOW TO TALK ABOUT SEX.**

Talking about sex is without a doubt one of the most important conversations you will ever have with your kids. It's also one of the most difficult. You need to talk with them early and often about why it's important for them to wait to have sex. But if you're like most parents, you're not sure how. Here are some tips.

**USE TEACHABLE MOMENTS.**

Many everyday occurrences offer a natural way to ease into the conversation. Maybe it's a scene from a movie or TV show. Perhaps a song lyric or news story. Use these, or anything else that seems appropriate, as conversation starters. And do it subtly. **DOLE OUT BITE-SIZE BITS.** Don't try to cover the whole subject in one sitting. It's overwhelming and uncomfortable. For your child, and you. So toss out small bits of information and opinion at a time. Little by little, your kids will get the big picture.



And they'll so appreciate not getting the big parental lecture.

**KEEP THINGS LIGHT.** Talking about sex can be pretty heavy.

So lighten up. Maybe use a little humor. Not to underplay

the seriousness of the subject.

But to disarm your child's anxiety

(and yours). Don't feel you have

to make direct eye contact either.

That can increase the discomfort.

**DON'T PREACH. SHARE.** Let your

children know how you felt when

you were their age. So they know

you understand what they're going through. And don't just

talk, ask questions. This absolutely needs to be a two-way

discussion. Because kids really respond better when they're

talked with, not at. Believe it or not, your kids actually do

want to know how you feel about sex and how you want

them to behave. Of course they may never ask you about

it. So you need to take the first step. Try these suggestions.

And visit our site for more helpful ideas. You can do this.

[www.4parents.gov](http://www.4parents.gov)

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