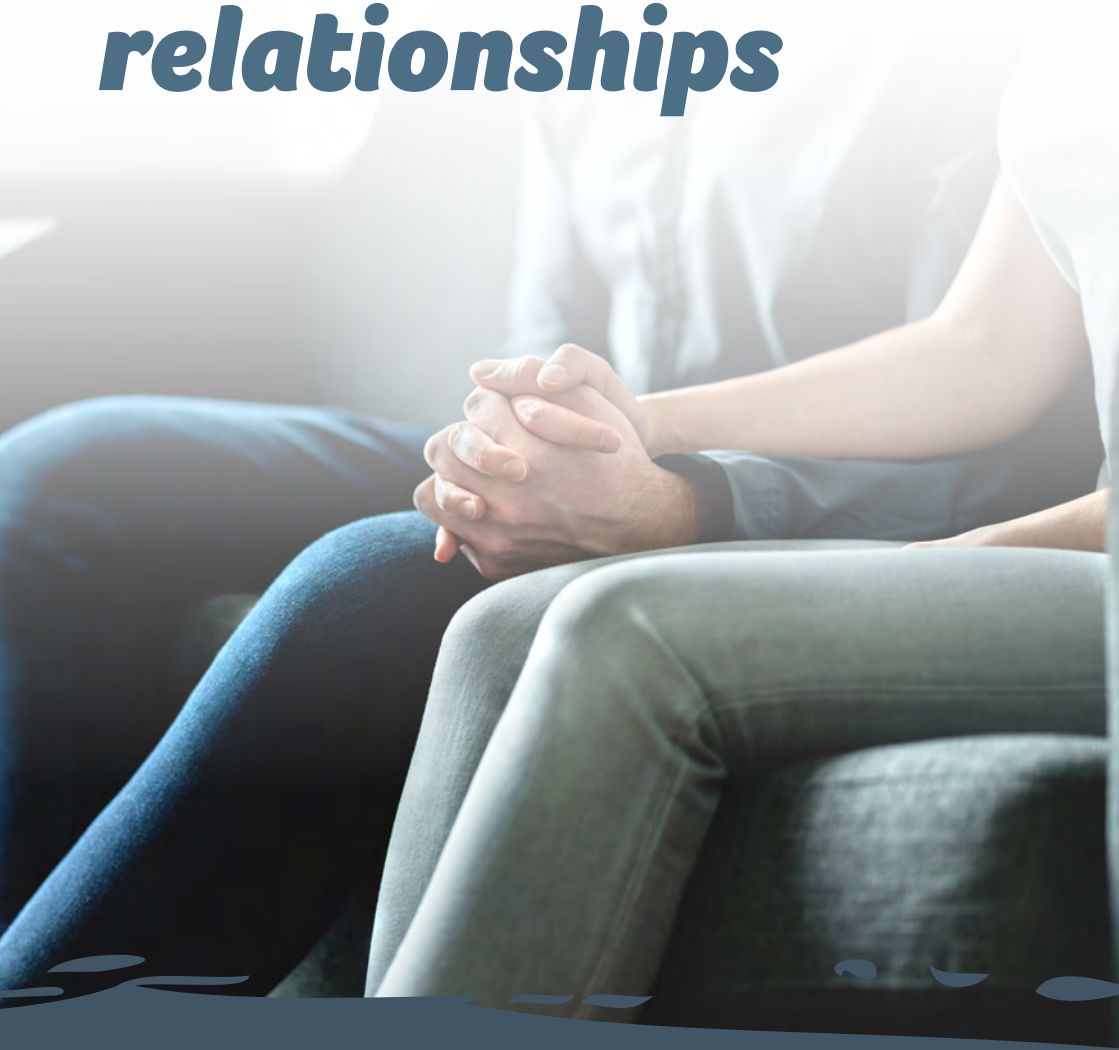



# ***Talking about sex and relationships***







As young people explore relationships and sex, it is important to consider that having sex is not always about penetration.

It can include many different activities that can feel pleasurable, including:

- 🕒 Kissing.
- 🕒 Touching (with hands and mouth).
- 🕒 Rubbing.
- 🕒 Massage.



## ***Things to know***

Talking about sex and relationships can feel awkward but generally young people prefer to have these conversations with someone they know.

As a parent, it's best to:

- 🕒 Try to listen, don't lecture.
- 🕒 Create the right situation to talk about sex, perhaps in the car, perhaps after a storyline in a TV programme.
- 🕒 Talk little and often. It's not just one 'chat' - keep communication going.
- 🕒 Ask open questions (e.g. What... , Why ... , Tell me what you think about... ).



- 🕒 Ask open questions (e.g. What... , Why ... , Tell me what you think about... ).
- 🕒 It might be awkward, but that's OK. It can help us to be authentic.
- 🕒 Be open to learning. We can't know it all (it's an opportunity to check our facts and gaps too).
- 🕒 Talk about healthy relationships, what they feel like and how to spot an unhealthy one.
- 🕒 Talk about other people or things they have been learning - it can create a bit of distance and not feel too intense.
- 🕒 Be respectful and be gentle.

## ? **Things to do**

It's OK to acknowledge pleasure and what 'good' sex and relationships might be like, or how they make us feel.

When talking about sex:

- 🕒 DO talk about love, lust, infatuation, and the differences between them.
- 🕒 DO talk about safer sex, contraception and what to do, and where to go if things don't go as planned.
- 🕒 DO use inclusive language - e.g. 'Are you interested in finding a girlfriend or a boyfriend?' or 'a love interest'.
- 🕒 DO be aware of gender inequality, e.g. is our advice and support the same for our boys and our girls?



# ***Pornography***

Be aware of the negative influence of pornography. Get internet savvy and talk about and even block explicit and pornographic content on your devices as necessary.

Pornography isn't how people really have sex, and this can be harmful to use it to inform expectations.

Don't assume that a young person is straight, gay or bisexual or identifying in any other way. Ask open, non-judgemental questions and invite the young person to explore their thoughts and feelings.

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For further information, ideas and courses, visit Culture Reframed at [culturereframed.org](http://culturereframed.org).



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