



# STUDENT CONVERSATION STARTERS

**AT THIS POINT IN YOUR LIFE, YOU'RE LEARNING A LOT.**

Your teachers are there to answer questions about geometry, literature, and even world history—but what about biology? No, we're not talking about mitochondria. More along the lines of the important changes occurring in your body and personal life. That's right, puberty.

Because you may not be learning this vital information in school, you can take matters into your own hands and bring the conversation home.

Keeping your family's values in mind, use these questions to kick off the sex talk with your parents. By initiating these conversations, they can equip you with all the necessary information (even the nitty gritty details). After that?

Make sure you are doing what you can to get the same information into your school.

## SEXUAL HEALTH AND PUBERTY

1. How do I know when I'm ready to have sex?
2. (Girls) When should I go to the gynecologist?
3. (Girls) I haven't gotten my period yet, should I be concerned?
4. What are some ways to show affection without sex?
5. What constitutes "sex"?
6. What does LGBTQ+ mean?
7. I feel confused about my sexual orientation or gender identity.
8. "Coming out"
9. What does abstinence mean?
10. Why should I wait to have sex?
11. What are the emotional and physical benefits of abstinence?
12. What different types of birth control are there?
13. How do we decide when I need birth control? What kind is best for me and how do I get it?
14. Where do I get condoms?
15. How do I use condoms?
16. What is "the pill"?
17. What is abortion?
18. What are STDs?
19. How do I prevent getting an STD?
20. How do they spread?
21. Are there cures for STDs?
22. How do I get tested for STDs?
23. How important is getting tested?
24. How do I ask my partner to get tested?

**For more information on these topics and others, please visit the  
Geaux Talk Resource Page at [GeauxTalk.org/resources/](http://GeauxTalk.org/resources/).**