



# CAREGIVER CONVERSATION STARTERS

CONSIDER THIS GUIDE AS A FIRST STEP in empowering the youth in our lives with the information they need to navigate puberty and beyond. With smartphones and information always within reach, each of the following topics is something our youth are going to encounter. Shouldn't they be getting the right information?

Start the conversation you want to have with your child and equip them with the information they need (even the nitty gritty details). After that? Make sure they are getting the same information at school.

## Questions to consider before talking to your kids

- » What are our family/religious values and how does that affect our views on sex education?
- » How can we incorporate them into a discussion about sexual health?

## HEALTHY RELATIONSHIPS

1. Do you know what physical and emotional bullying are?
2. Have you ever been bullied?
3. Have you even seen anyone get bullied?
4. What do you think bullying means?
5. Have you ever bullied anyone?
6. Do you know what cyberbullying is?
7. Have you ever felt pressured into having sex by peers, the media, etc?
8. What about your friends or classmates – do you think they have felt pressured?
9. What do you know about "consent"?
10. What do you know what rape?
11. What do you know about sexual assault?
12. How can someone defend themselves against sexual assault?
13. What do you know what date rape?
14. What would you do if you or someone you know were involved with sexual assault or had been raped?
15. What are some ways we can practice giving and respecting consent?