



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.

HEALTHY RELATIONSHIPS

1. How do I deal with bullies?
2. How do I recognize if I'm being bullied?
3. Who can I go to if I or someone I know is being bullied?
4. How do I say no to peer pressure to have sex?
5. What is rape?
6. What is date rape?
7. What is sexual assault?
8. How do I defend myself or someone else from sexual assault?
9. Who do I contact if me or someone I know was raped or sexually assaulted?
10. Can be boys be raped or sexually assaulted?