



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. What is puberty? When did you go through puberty? What was it like for you?
2. What body changes can I expect? (Examples: Body hair, using deodorant, voice change, growth spurt, a
3. What are hormones? What emotional changes can I expect?
4. (Girls) What is my period and how do I handle it?
5. Why do I have crushes on boys/girls?
6. What is sex?
7. Sexual Orientation and Gender Identity
8. What is the difference between "sexual orientation" and "gender identity"?
9. What does LGBTQ+ mean?
10. I'm feeling confused about my gender identity or sexual orientation.
11. What is abstinence?
12. What are the benefits of waiting to have sex?
13. What does birth control mean?
14. What are some forms of birth control?
15. What are condoms?
16. What is "the pill"?
17. What does HIV/AIDS mean? 2. What is a STI/STD?
18. How do I prevent them?
19. How do they spread?
20. Are there cures for STIs and STDs?