



# 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?

## SEXUAL HEALTH AND PUBERTY

1. Have you learned anything about puberty and reproduction in school?
2. What do you know about the male and female reproductive systems?
3. What have you learned from your friends or other sources (online, movies, TV, etc) about sex?
4. Do you know how hormones affect your body?
5. Do you know the difference between gender identity and sexual orientation?
6. Have you ever felt confused about the gender you identify with?
7. Have you ever felt confused about your sexual orientation?
8. Are you dating anyone?
9. Do you know what LGBTQ+ means?
10. Abstinence is the only 100% effective form of birth control
11. Abstinence is the only 100% effective form of preventing STDs
12. Learning self-control and patience
13. What do you know about birth control?
14. Can you name more than one form of birth control?
15. Do you know where you can get condoms?
16. Do you know how to put on a condom?
17. What do you know about the pill?
18. Do you know what emergency contraceptive is?
19. Understand the pill does not protect against STDs
20. What do you know about STDs? Do you know the difference?
21. Can you name some STDs?
22. Do you know anyone with an STD?
23. Do you know what HIV/AIDS are?
24. Do you know how to prevent STDs?
25. Have you ever been tested for STDs? Would you like to do that?
26. Where are some places you could get tested for STDs?

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