



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 puberty?
3. What do you know about the male and female reproductive systems?
4. Have you noticed any changes in your body? How do you feel about it?
5. What do you know about the menstrual cycle (periods)?
6. What have you learned from your friends or other sources (online, movies, TV, etc) about sex?
7. What do you know about hormones?
8. What do you know about masturbating?
9. What do you know about the difference between gender identity and sexual orientation?
10. Have you ever felt confused about the gender you identify with?
11. Have you ever felt confused about your sexual orientation?
12. Have you ever had a crush on someone? Who?
13. Do you know what LGBTQ+ means? What do you know about those terms?
14. Abstinence is the only 100% effective form of birth control
15. Abstinence is the only 100% effective form of preventing STDs
16. Learning self-control and patience
17. What do you know about birth control?
18. Do you know why people use birth control? Let's name some reasons.
19. What types of birth control have you heard of?
20. Can you tell me how to use a condom?
21. Can you name some STDs?
22. Do you know what HIV/AIDS are?
23. What are some ways people can prevent STDs?

**For more information on these topics and others, please visit the
Geaux Talk Resource Page at GeauxTalk.org/resources/.**