

### Relevant Free Resource links:

- [www.talkingthetalksexed.com.au/free-resources](http://www.talkingthetalksexed.com.au/free-resources)  
Subscribe to newsletter to receive immediate ongoing free password access

### STIs:

- <https://playsafe.health.nsw.gov.au/>

### Contraception:

- [www.fpnsw.org.au/health-information/contraception/contraception-choices](http://www.fpnsw.org.au/health-information/contraception/contraception-choices)

### Respectful Relationships Australian Government:

- [www.theline.org.au/talking-to-male-students-about-masculinity](http://www.theline.org.au/talking-to-male-students-about-masculinity)  
The Line is an initiative under the National Plan to Reduce Violence against Women & their Children
- [www.respect.gov.au](http://www.respect.gov.au)  
Violence against women let's stop it at the start

### Young People's Resources

- [www.scarleteen.com](http://www.scarleteen.com)
- [www.getthefacts.health.wa.gov.au](http://www.getthefacts.health.wa.gov.au)

### Tips For conversations about Sexuality with your Children

1. Approach sexuality with a positive outlook - don't approach it with fear and danger. If you are feeling negative perhaps do a bit of reading and research to increase your confidence and knowledge
2. Understand Sex Ed is not just about penis vagina heterosexual sexual intercourse - far from it!
3. Know understand and believe that education does not mean permission or encouragement - the opposite is true
4. Accept that this is your responsibility - health and wellbeing
5. Strip back your layers of adult thoughts and experiences they may get in the way of conversations you need to have
6. Research & Read - many of you may never had sex ed or conversations - you don't have to get it perfectly correct, anything is better than nothing
7. Get props - such as a book or web resources
8. Practice conversations with other adults
9. Use teachable moments
10. Be an 'askable' parent
11. Talk about female sexual pleasure - including vaginal wetness and the correct size and function of the clitoris.

*Do it all with a smile and a laugh :)*

### Questions to ask yourself:

1. What words come to mind when I envisage my child's adult sexuality journey...pleasure, respect, fun, fulfilling, consent, mutual agreement, excitement,
2. When will my child have their first sexual experiences?
3. Where will they have them?
4. Where does my child get their sexuality information?
5. Am I an askable parent?
6. Have I covered body safety at toddler and preschool age?
7. Does my child know what to do when they see porn?
8. Does my 8 year old know how babies are born and made?
9. Does my child understand and respect diversity?
10. Does my child respect others and know how to expect respect in return?
11. Do I know what a vulva is and does my child? (This is essential for female pleasure and empowerment)