

# Here are **12** things to keep in mind as you **talk** (or prepare to talk) to your kids:

1 It's **never too early or too late** to have a conversation.

2 There's never just one talk related to sex; you will have a **lifetime of conversations**.

3 Look for **everyday teachable moments** (e.g., news stories, ads, a person you know) as catalysts for conversation.

4 Don't overwhelm your kid with lots of information in one sitting; have **lots of little talks**.

5 Ask **open-ended questions** to see what they tell you.

6 Remember to keep the details **age-appropriate**.

7 Remember that **you have been there**; what your kid is experiencing is normal and part of life.

8 If they get **embarrassed**, tell them that that is **OK and normal**.

9 **Don't jump to conclusions** about your kid's question (e.g., just because they are asking about porn doesn't mean they have watched it).

10 If you don't know the answer to a question, tell them you will get back to them; or better yet, **look up the answer together**.

11 Remind them that you are **there for them**.

12 Offer **resources** for them to browse at their convenience (e.g., books, AMAZE videos).

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