

Parent resources

Websites

- au.reachout.com (support for young people)
- betterhealth.vic.gov.au (sex education: tips for parents)
- culturereframed.org (pornography)
- esafety.gov.au/parents (all things online)
- kidshelpline.com.au (mental health & relationships)
- fpv.org.au (sexual health information)
- itstimewetalked.com.au (pornography)
- lovegoodbadugly.com (respectful relationships)
- minus18.org.au (support for LGBTQI+ young people)
- plannedparenthood.org/parents
- raisingchildren.net.au (sexual development)
- sexeducationaustralia.com.au (blog & resources)

Podcasts

- *Just say this*, Amy Lang
- *Mighty Parenting: Real Raw & Relevant Talk about Raising Teens & Parenting Young Adults*, Sandy Fowler
- *Parental as Anything*, Maggie Dent
- *Sex, Likes & Social Media: The RAP Project*
- *Sitting in a car*, Sarah Sproule

If you plan to share any of these resources with your young person, please check first to make sure they are in line with your family values and beliefs.

Books

- *Real Talk About Sex & Consent: What Every Teen Needs to Know*, (2020), Cheryl Bradshaw
- *Girl stuff: Your Full on Guide to the Teen Years*, (2016), Kaz Cook
- *The Puberty Book*, (2016), Wendy Cook & Kelsey Powell
- *The New Puberty*, (2017), Amanda Dunn
- *Can We Talk About Consent: A Book About Freedom Choices & Agreement*, (2021), Justin Hancock
- *No Shame: Real Talk with Your Kids about Sex, Self-Confidence & Healthy Relationships*, (2020), Dr. Lea Lis
- *Talking Sex With Your Kids: Keeping Them Safe & You Sane – By Knowing What They’re Really Thinking*, (2011), Amber Madison
- *Loveability: An Empowered Girls Guide to Dating & Relationships*, (2014), Dannielle Miller, & Nina Funnell
- *Boys & Sex: Young men on Hookups, Love, Porn, Consent, & Navigating the New Masculinity*, (2020), Peggy Orenstein
- *Girls & Sex: Navigating the Complicated New Landscape*, (2016), Peggy Orenstein
- *Breaking the Hush Factor: 10 Rules for Talking to Teenagers about Sex*, (2015), Karen Rayne
- *The Secret Lives of Teen Girls: What Your Mother Wouldn’t Talk About but Your Daughter Needs to Know*, (2010), Evelyn Resh
- *Welcome to Consent: How to Say No, When to Say Yes & Everything in between*, (2021), Yumi Stynes & Dr Melissa Kang
- *For Goodness Sex.: Changing the Way we Talk to Teens about Sexuality, Values & Health*, (2014), Al Vernacchio
- *Talk Soon Talk Often: a Guide for Parents for Talking to Their Kids About Sex*, (2018), Western Australia Department of Health (PDF document, online)
- *Sex, Teens & Everything in Between*, (2019), Shafia Zaloom

Tips for talking

Many of us grew up in homes where issues related to puberty and reproduction were rarely discussed and so we often don't have a memory of how to approach things. Sometimes we are so concerned with 'getting it right' that we avoid or miss the opportunities to talk. Sometimes we wait for our children and teens to ask questions; sometimes they will and sometimes they won't. Talking with your kids and letting them see you are open to their questions and concerns means they know they can come to you for advice and support.

If your teen asks questions, that's great. They obviously feel comfortable to ask and you can respond honestly to their questions. But, it's also normal for teens to become more private as they develop and rather than ask their parents questions they would prefer to seek out information for themselves – from their own sources. So, parents need to 'check in' and make sure the young person in their care knows they can ask questions if they want to (and we tell them we'll do our best to answer them) or we can point them in the right direction about where they can get the accurate information they need. We could say something like; 'Hey, I know you might not want to come to me or talk to me about things going on in your private world but if you ever need to talk I am here to listen and support you – no matter what.'

Books are a great resource, as young people can dip into the topics that are relevant and current for them. As well, there are some very comprehensive websites that they can access for the information they need. Don't forget about Kidshelpline. It's a great resource that can help young people (from 5–25 years) with all kinds of issues from; school stress to friendship issues. Remind them that it 's there, it's free and it's a trusted and reliable resource.

- be 'ask-able'
- think about the 'question behind the question'. If you're not sure what they want to know, ask more questions and clarify what they are asking
- answer the question as honestly and simply as possible and try to avoid 'over answering'. It's a normal reaction when a little anxious to compensate by talking too much and giving too much information about these topics
- find 'teachable' moments i.e. watching TV together, responding to the news etc
- it's okay to feel uncomfortable
- if you don't know how to respond, it's okay to say so. You don't need to know all the answers
- some information is private and personal – you can set boundaries
- age-appropriate books are great
- facts are not enough; share feelings, values and beliefs
- try to talk about bodies and sex in a positive way. You want to try to reassure them their development is normal
- remember that you are letting your young person know that you care about their happiness and wellbeing and want to provide a safe and supportive environment for them to ask questions
- keep your sense of humour!