

A document for use in the webquest: **Talking with Parents about Sex**

Assigned readings for this Webquest

Remember, the purpose of this assignment is to assess how well these articles and web pages advise parents on speaking with their child/teen about sexual health.

Be sure to use Section 3.1 of your Personal Health Journal to record your notes, reactions and thoughts about these readings. Also, keep track of the author, publisher and date of these articles and web pages.

The assigned readings are listed under the questions you will be expected to answer in your group research report.

(All students should read the assigned articles for questions 1 and 2. Then one student will answer questions 3 and 4, another student will answer 5 and 6 and one student will answer question 7.

Extra points will be awarded for using other sources. Contact your teacher; school or community librarian, public health nurse, doctor or others.

Answer these questions

1. Introduction: Why? What? When? How? How to get started? What problems can be expected? (Try to answer these types of questions)
 - Why should parents try to discuss sexual health with their children?
 - When should they begin?
 - At what ages will certain questions likely arise?
 - Is this going to be easy? What are the barriers?
 - etc.

Assigned readings:

[Talk Sex with Your Child](#)

Whether you realize it or not, you are constantly teaching your kids about sex...

[Sexual Health](#)

Here are a few issues/facts that you and your child should be aware of:

[Youth questions/issues](#)

Not all children will have the same concerns and questions at the same ages, but there are some basic types of questions you can expect. Also, check out this teachers site for [a list of typical questions](#) from students.

[Learning about Sexual Health](#)

Why is teaching sexual health important?

[Puberty! Now What do I do?](#)

The facts to answer the most common questions and concerns. It will be up to you, however, to add the essential values.

[Parents and teens Find it hard to Talk about Sex](#)

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Generation X is one of the most open generations in history when it comes to sexuality. But many find sex hard to talk about with their parents. And according to teens, most parents aren't that comfortable either.

[Most Parents Dread Discussing the Birds and the Bees](#)

54 percent dubbed dating and sex the issue that they'd feel the most uncomfortable discussing.

[When is it a good time?](#)

The best way to start is to look for "teachable moments".

[Talking to Kids about Sexual Issues](#)

Otherwise we are conditioning them that sex and deception go hand in hand...

2. What are the strategies (how) that parents can use to talk to their children and teens about sexual health? (Try to answer these types of questions)
- Starting early
 - Being open
 - Etc

Assigned readings:

[Tips to Talk to Your Child about Sex](#)

Early, open, values, honest,and more.

[A Few Things to Think about Before You Talk](#)

Think about your values, your comfort levels... and more.

[How do I talk to my kids about sex?](#)

Look at the facts...look at your self

[Communicating with Your Teen](#)

Forget about control....

[What to Say When They Ask](#)

General and specific tips on talking...

[Be Askable](#)

Traits of an askable parent

[Build Bridges](#)

Techniques to improve communications...

[Ten Bases to Cover](#)

Admit that sexuality is positive...Don't forget the other five bases.

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3. What are the first topics relating to sexual health that parents and their children should talk about? (Try to answer these types of questions)
- Puberty. Physical Changes, Anatomy, Menstruation
 - Values
 - Relationships, Dating
 - Where to find information
 - Contraception
 - etc

Assigned Readings

[It is not too late for teens](#)

Be there for them

[Puberty](#) and its [Physical Changes](#)

Explain that these things are normal.

[Menstruation](#)

Many start before nine or ten...

[Sexual Anatomy](#)

Know the basic facts.

[Early Dating](#)

Parents often wonder about when their children should begin dating

[Parents Handling that First Kiss](#)

Sensible advice for parents...

[The Nuts and Bolts of Dating](#)

Help your teen when they date

[Contraception](#)

Including [What's best for my Child?](#) and [Tips to Talk to your Child about Contraception](#)

Making Sure Your Child Knows Where to Get Information

Check out this [Clinic Locator](#)

4. What other major topics should be covered? (Try to answer these types of questions)
- STI/HIV risks
 - Coercion/teasing/abuse as well as respect and honesty in relationships

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- Emergency contraception
- Oral sex is still sex
- etc

Assigned Readings:

[Emergency Contraception](#)

Medical facts and [how to ask for EC](#)

[Sexually Transmitted Infections](#) (What we used to call STD's)

Including [what they are](#), [protection](#), [how people get infected](#) and [risks to their child](#).

[What Should Parents tell their Kids about HIV/AIDS?](#)

How HIV is spread, and the links to drugs and needles

[Sexual abuse and coercion](#)

Don't forget teasing/being a [heart breaker](#) and [dating people who are much older](#)

[Teens and Oral Sex](#)

Can parents address the misconceptions about risk?

5. What are some scenarios that parents and teens might face? How can they handle them? (Try to answer these types of questions)

- sex dominating the news or television
- find your child with pornography or watching explicit sexual activity on TV/video
- finding a condom in their teen's room
- their child is gay, lesbian or experimenting with their gender
- masturbation
- exploitation of young people with disabilities
- their child is pregnant
- etc

Assigned Readings:

Parent Response to Masturbation

[Masturbation](#) is now considered to be a normal part of healthy development., for [boys](#), [girls](#) and [young children](#). Here are [some answers if your teen asks](#) about it. It can be presented as an [alternative to sexual intercourse](#).

[Kids Reading Pornography](#) at a Young Age

What should parents say or do after they catch your teen watching an [adult video](#)?

Sexual Orientation and Gender Identity

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How parents can [handle discussions on sexual orientation](#). Gender identification and confusion is a normal part of growing up, even for young children, both [girls](#) and [boys](#). Confusion and [questions](#) often continue into adolescence. How to react if [your daughter says she is lesbian](#) or [your son says he is gay](#). What not to do is [you find your child cross-dressing](#). Where to find more information on [transgender youth](#).

What can parents do [if they find condoms in their child's room](#) or clothes?

[Feeling bad after the first time](#)

How mothers can help their daughters understand the let –down

Teen Pregnancy:

[The Facts](#) and [Difficult Options](#)

What can parents say to [youth with developmental disabilities](#) who are thinking about or experimenting with sex? Including [appropriate content](#), how to [say it different ways](#).

6. Survival Tips and Preparatory Quizzes (Try to answer these types of questions)
- responding to tough or shocking questions
 - surviving the “talk” (survival tips for teens)
 - parent quizzes (know your child?. did you handle it right? Know your sex stuff?)

Assigned readings:

Read these teacher tips for [handling tough or shocking questions](#).

Give this [article](#) (survival guide) to your teen before you have “the talk”.

Parents can take this quiz to see [if they really know their child](#).

Parents can also see [how well-prepared they are to talk](#) about sex with their kids.

Finally, parents can test their own knowledge about sexual health in quick and easy [quizzes](#) on pregnancy, STI Risks and and STI's.

7. The Bigger Picture (Parent-teen relationships) (Try to answer these types of questions)
- getting their teen to listen
 - parental loss of control
 - parenting 101
 - parenting paradoxes
 - etc.

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[Parenting Paradoxes](#)

There are no simple answers for parents

[Parenting 101](#)

The basics in point form.

[How do I get my children to listen to me?](#)

Frequently asked question from the Canadian Health Network (CHN)

[I'm Losing Control of My Teen. What do I do?](#)

Another FAQ from CHN.

[Ten Ways to Help Your Teen Develop Self-Discipline](#)

Ten gentle reminders to be gentle but firm.

Some background reading on [Pre-Teen Development](#)
Including [physical](#), [emotional](#) and [intellectual](#) changes