How To Start Conversations About CONSENT As Trusted Adults For Valentine's Day

During this stage, it’s important for adults to model behaviors which prioritize consent. Practice asking your child if they want a Valentine back and forth, emphasizing the importance of asking first and respecting “NO.” Try,

Would you like a Valentine from me?

During this stage, children are able to start understanding nuance and boundaries. Break down consent, discuss personal boundaries, and examine how tone of voice and body language can signal comfort level.

How do you know if someone wants to hug you or not?

During this stage, teens may start experiencing increased interest in forming romantic connection. Discuss healthy relationships, boundaries, and sexual harassment. Teens may experiment with alcohol and should understand consent cannot be given if inebriated.

How can you build a healthy relationship?

For more information on having the conversations with the young people in your life visit amplifytulsa.org/adults/talking
How To Start Conversations About Sexual Health As Trusted Adults For Valentine's Day

During this stage, teaching children accurate words to describe their body parts like penis and vulva can help keep children safe by helping them to communicate. This can also set a strong foundation for adult/child communications about bodies that can be built upon as the child grows. Distinguish the difference between public and private parts, but without stigma. These parts are covered, but they are still healthy, normal, and important body parts. Develop a solid rule for good touch versus bad touch. It is NEVER okay for someone to look at or touch their private parts. Reassure them you will believe them if they tell you about a bad touch.

**What is a bad touch?**

During this stage, children are most curious about their bodies. It’s important to treat every question with respect and seize every teachable moment to give factual health information. Emphasize how all bodies are different and normal. Full information should be given about the reproductive system, including menstruation.

**What’s the coolest thing you think a body does?**

During this stage, young people are experiencing puberty and want technical information about the body and about emotional changes. Young people need a trusted adult to talk about privacy, masturbation, porn, relationships, safety, and self-identity. Reduce stigma and shame associated with masturbation; treat it as a normal, private, and healthy part of sexuality. Receiving comprehensive sexual health information is critical for this age group. Emphasize the need to set personal boundaries and respecting others. Sexual and gender identity exploration is a part of adolescent development, as a young person works to establish a sense of self.

**What questions do you have about sex/contraception/pornography?**

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