



LET'S TALK

I'VE GOT
SOME QUESTIONS
ABOUT SEX.

LET'S MAKE TIME
TO TALK.

Celebrate national
Let's Talk month this October!

PLANNED PARENTHOOD
1-800-230-PLAN www.ppnyc.org

Talking about sex matters.

When kids talk with their parents or other trusted adults about sex, it can lead to smarter and healthier decisions. **Make time to talk!**

TALK TIPS

Take advantage of "teachable moments" — everyday opportunities to talk about sex. For example:

- watching TV
- listening to music
- walking, driving, or riding the subway
- reading magazines and newspapers
- eating dinner

How to deal with tough questions? Try these helpful tips:

- Ask "How come you're asking me that question today?" (this gives you a sense of what caused your child to ask)
- Ask "What do you think?" (this gives you an idea of how much your child already knows)
- Answer the question honestly. Always provide accurate information and use this opportunity to teach your child your values.
- Ask "Do you understand?" (this allows you to make sure that your child understood what you told him/her)
- Remember, your tone matters, too. Be calm and warm.

Need more help?

Call the Facts of Life Line (212) 965-7015
Los Hechos de la Vida (212) 965-7015

www.ppnyc.org