



# HOW TO TALK TO YOUR KIDS ABOUT SEX

SEXUALITY EDUCATION BEGINS AT HOME

## WHY SHOULD I TALK TO MY CHILD ABOUT SEX?

Studies show that conversations with parents about sex helps youths delay sexual activity and prepare them to make healthy decisions about relationships in future.<sup>1</sup>

## WHAT DO YOUTHS NEED DEVELOPMENTALLY?



- The human brain only completes its development between the ages of 25 and 30. Our youths may not be able to make mature decisions yet.
- Young people need repeated, clear and consistent guidance from parents or trusted adults to learn how to make rational decisions.

### MYTH #1

Sex Ed should focus on contraception so as to protect against unwanted pregnancies and sexually transmitted diseases.

### FACT

Teaching youths about condoms may increase risky sexual behaviours due to a phenomenon called **risk compensation**: people tend to lower their guard when they believe their risk has been reduced by protective measures like condoms.

DID YOU KNOW?

THERE IS **~13-18% PREGNANCY RATE EVEN WITH THE USE OF CONDOMS<sup>2</sup>**.

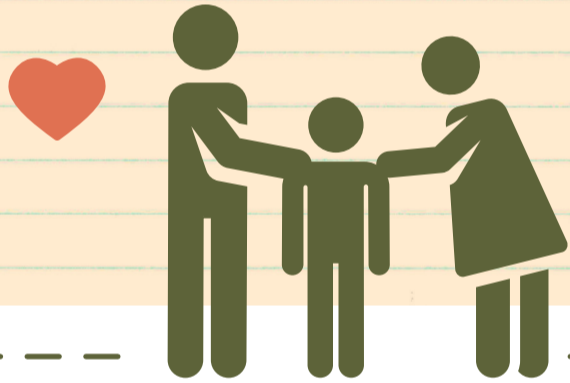


### MYTH #2

Teaching youths about consent should be sufficient to help them set safe boundaries.

### FACT

Teaching consent alone isn't enough. Just because everyone consents does not mean a behaviour is beneficial. Real-life situations are complex – sometimes people say 'yes' even when they mean 'no', often because they feel pressured or unsure.



PARENTS SHOULD TEACH THEIR CHILDREN TO SET **SEXUAL BOUNDARIES** ACCORDING TO THEIR FAMILY AND FAITH VALUES.

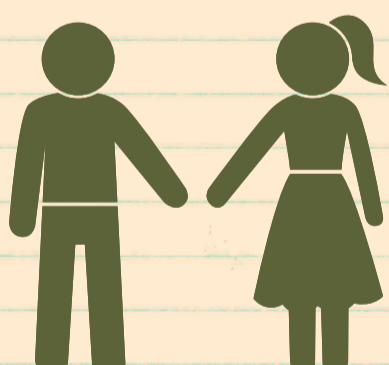
### MYTH #3

Teaching youths abstinence is old-fashioned and unrealistic.

### FACT

Sexual abstinence is research-informed. Teaching youths to abstain from sexual activity (until marriage) is the safest and most effective way to protect themselves from the negative consequences of adolescent sexual activity.

Well-designed abstinence education programmes have been found to result in delayed sexual initiation, reduced early sexual activity, and significant long-term decrease in teenage sexual activity.



DID YOU KNOW?

TEENAGE SEXUAL ACTIVITY HAS BEEN FOUND TO BE AN INDEPENDENT RISK FACTOR FOR DEVELOPING **POOR SELF-ESTEEM, DEPRESSION, AND SUICIDAL IDEATION.**

## GET THE CONVERSATION STARTED!



Don't think of the 'sex talk' as one giant conversation, instead think small but frequent bites.

Watch the **TALK ABOUT SEX** video series to begin

- Equipping videos to help you understand topics related to sex
- Conversational videos to help you talk with your kids about sex

#### References:

- <sup>1</sup> Evidence on the Effectiveness of Abstinence Education: An Update – The Heritage Foundation
- <sup>2</sup> Health Behaviour in School-aged Children (HBSC) study, World Health Organisation (WHO)
- <sup>3</sup> Based on typical-use failure rates reported by World Health Organisation (WHO) and UK NHS
- <sup>4</sup> Condom use errors and problems: A global view
- <sup>5</sup> Parent-Based Interventions for Adolescent Sexual Health
- <sup>6</sup> Condom Use by Adolescents