

twenty pocket tips for parents

In no particular order (except maybe the first one):

1. Make it safe for your children to talk with you.
2. Start early - but if you haven't, start now.
3. Seize the teachable moments.
4. Sound bites work better than sermons.
5. Talk about sexuality, not just sex.
6. Be willing to initiate conversations.
7. Listen.
8. Anticipate and plan ahead.
9. Be inclusive and open to the possibility that your child has another sense about their sexual orientation and/or gender identity than you do.
10. Share about the pleasure, joy and intimacy of sex - not just the risks and dangers.
11. Have conversations about when 'yes' makes sense.
12. Hear what your children have to say - what they think and value.
13. Share facts about sexual issues along with your beliefs and values.
14. Set an example through your actions, not just with your words.
15. Trust that your children are capable of making choices that are good for them.
16. Trust that your children really do want to hear what you have to say about these issues.
17. Remind your children frequently that you love them, no matter what.
18. Respond with delight. Be mindful of your words, tone and body language.
19. Be realistic, be accepting, and don't beat yourself up.
20. Raise your children to be good friends and caring partners.