

GET YOURSELF TALKING ABOUT SEXUAL HEALTH

18+: TALKING ABOUT SEX AS ADULTS

WHERE YOUR CHILD IS...

Physically:

- Physical development is complete
- May have specific sexual and reproductive health concerns

Intellectually:

- Greater acceptance of and more realistic assessment of their body and overall appearance
- Increasingly assuming an adult identity through goals, roles, and responsibilities
- Can fully understand and think about abstract concepts
- Increasingly asserting self as primary decision-maker
- Understanding their own sexual orientation (e.g. “straight” or “gay”)

Emotionally/Socially:

- Relationships with and desire for input from parents and peers will shift in ways to reflect greater personal independence
- Capable of greater intimacy because they are able to empathize more deeply with others
- Increasingly establishing their own personal values as the basis of all important decisions
- Gradually orienting themselves toward committed,



Directions: Cut along the outside edge and fold at the crease to make your bookmark. Use as a guide for talking with your child about sexual health topics.

PARENT'S QUICK GUIDE TO TALKING ABOUT SEXUAL HEALTH: Adult Children

INFO TO PROVIDE

The correct names for major body parts (internal and external), including sexual and reproductive parts

Basic information about how babies are conceived, how they grow, and how they are born

MESSAGES TO GIVE

"I will always be here for you if you need to talk."

"These are things you may want to consider as you make your decision about..."

"I'm not sure about the answer to your question, but here are resources (or I'll help you look for resources)."



GOOD TIMES TO TALK

Maintaining communication as child becomes an adult

When your child asks for your advice or is venting

When your child has a question that you don't know how to answer



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