

Families Are Talking

October is National Family Sexuality Education Month (NFSEM)

As parents and caregivers, you are the primary sexuality educators of your children.

Here are 10 simple tips from the experts to help you have ongoing discussions with your children.

- 1 Seek “teachable moments” to share your values.
- 2 Remind yourself that it is okay to feel uncomfortable.
- 3 Do not wait until your children ask questions.
- 4 Be “ask-able.”
- 5 Consider the “question behind the question.”
- 6 Listen.
- 7 Remember that facts are not enough.
- 8 Talk about the joys of sexuality.
- 9 Keep in mind that you are talking to your children because you care about their happiness and well-being.
- 10 Know what is taught about sexuality in your schools, faith communities, and youth groups.

To learn more about talking to your children about sexuality, visit **www.familiesaretalking.org**, or contact the Sexuality Information and Education Council of the United States (SIECUS), 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212/819-9770; E-mail: familyproject@siecus.org; Web site: www.siecus.org.

