

# Are You An Askable Parent/Adult?

## Getting Important Conversations Started

### TIPS ON HOW TO APPROACH YOUNG PEOPLE ABOUT SENSITIVE TOPICS:

- Choose a good time
- Use the media to start a conversation ( TV shows, movies, music, social media)
- Ask your child broad questions about what's happening in school
- Talk about your thoughts and values
- Listen, do not lecture

### TOPICS TO CONSIDER WHEN YOU NEED TO HAVE CONVERSATIONS ABOUT SEXUALITY OR SEX

- Correct Naming
- Boundary Setting
- Coercion and Consent
- Healthy Relationships
- Refusal Skills/Effective Communication

### WHAT TEENS WANT

- Regular, open communication with parents and other trusted adults
- Honest and realistic conversations
- To not be underestimated
- To not be judged for asking questions

### IMPORTANT REMINDERS ABOUT BEING AN ASKABLE ADULT

- Youth with the least accurate information about sexuality and other risky behaviors may experiment more
- When teens are able to talk to an adult, they are less likely to engage in risky behaviors
- Trusted adults are a young person's preferred source of information about sex, relationships and love

### DOOR SLAMMERS VS. DOOR OPENERS

When young people come to a trusted adult with questions, it is important for the trusted adult to have reassuring statements. Here are some examples of non-reassuring (Door Slammer) statements:

- "You don't need to know that."
- "Why are you asking? Are you having sex?"
- "We will talk when that time comes."

### HERE ARE SOME EXAMPLES OF REASSURING (DOOR OPENER) STATEMENTS:

- "That's a great question."
- "What do you think?"
- "I'm not sure. I will find out for you."

**TAKE SOME TIME TO THINK OF YOUR OWN DOOR OPENERS AND ADD THEM TO THE LIST!**

