

CULTURE REFRAMED PARENTS PROGRAM

BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED MEDIA & PORN

TALKING WITH KIDS ABOUT SEX & RELATIONSHIPS BRAVELY

B Breathe. Pause. Your child may have asked a tricky question, but just take a moment to calm yourself. A deep breath will help you and your child be more comfortable as you field their question.

R Recognize and affirm your child.
*That is a great question. I'm really glad you're asking me.
I had that question when I was your age, too.
A lot of people your age have questions like that.*

A Ask why they asked. The context is important! You'll want to know the source of that slang term, what happened on the playground, and if they're asking in general or from personal experience.
Why are you asking? What brings this up?


V inVestigate. What do they know already? You may learn that they know a lot already, or you might uncover some misconceptions that need correcting.
What do you already know about ___? How do you think ___ happens?

E Evaluate your circumstances. Is this the right place? Who else is present (or needs to be)? Is there enough time? Are you ready to answer this question right now?
*Let's wait until we get home to talk about it.
We have a great book at home that I think will really help you understand that.
I'm not sure what I want to say about that right now; can we talk about it tomorrow?*

L give them the Lowdown, tell it Like it is (don't lecture!). Share the facts or your best understanding in 2 sentences. Instead of assuming they want more, check in and ask.
*Let's look it up together.
I'm not comfortable sharing that with you; do you have a question that isn't about me?
Did that answer your question? Do you have any more questions about that?*

Y share Your values, Your opinion, Your hope in one sentence.
*There's nothing wrong with being gay, and it's really hurtful to call someone or something "gay" as if that's a bad thing.
Now that you know about how condoms work, I want you to use one every time you have sex.*

 **share your gratitude.**
*Thank you for trusting me enough to ask these questions.
It really means a lot to me that we're able to have these conversations.*

- B** Breathe
- R** Recognise and affirm your child
- A** Ask why they asked
- V** inVestigate. What do they know already?
- E** Evaluate your circumstances
- L** give the Lowdown, tell it Like it is
- Y** Your values, Your opinion, Your hope
-  Gratitude

Help young people thrive despite hypersexualized culture, by accessing the Culture Reframed Parents Program at parents.culturereframed.org

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