

SEXUAL THOUGHTS AND BEHAVIOUR

Is it normal to discuss sex with my parents?

KEY WORDS parental communication | guidance | confidentiality | awkwardness 

If you are willing to have a conversation with your parents about sex, this is a positive step as they can offer you helpful insight based on their own experiences. While it might feel a bit awkward at first, remember that your parents have experienced a lot in their lives and likely have **valuable advice**. Don't be burdened by the fear that they might assume you are sexually active; many parents actually appreciate when their children initiate these conversations! Even if your parents prefer you not to be sexually active, they still want to **support you, guide you in making good decisions, and be involved in your life**.

If talking to your parents feels uncomfortable, try to discuss changes in your body, dating, or sex with another **trusted adult or older peer**, such as older siblings, cousins, aunts, uncles, teachers, counselors, or doctors. Most if not all adults have gone through similar experiences and can offer help and lend an ear. If you have specific concerns or questions about your body, consider talking to a doctor or contacting local organisations or health centres for **confidential and professional guidance**.

No matter who you decide to talk to about sex, feeling a little awkward in the beginning is entirely normal, but the more you have these discussions, the easier it becomes.

Here you can find tips on some ways to **initiate the 'sex talk'**:

- Bring up **certain topics by referencing media** you have seen or heard about - movies, TV shows, blogs, or celebrities. For example, "Do you think teens should use birth control if they are having sex?"
- Ask about **their first relationships or how your parents met each other**. Questions like "When was the first time you fell in love? How did you know?" can lead to meaningful discussions.
- Find out **if their parents ever talked to them about sex!** Questions like "Did you ever have the 'sex talk' with your dad? What did he say?" can help you understand how older generations talked about this topic, and what your parents think about it.
- If you feel awkward no matter how you bring it up, go for a more **direct approach** and just say, "This is kind of embarrassing, but I was wondering if I could ask you some questions about sex."



It does not matter how you start the conversation, just that you have it. If you feel more comfortable discussing this through texting, try it.

While discussing sex with parents may feel awkward at first, it is a positive and important step towards gaining guidance. That's why overcoming the initial discomfort can actually improve the communication between you and them and even create a stronger and more supportive relationship. If you still have questions, we have some tips on how you can improve communication with parents on our infographic here ([link](#)).

Happy learning!



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