

Parents and Carers... It's Time to Talk!



Many parents and carers find it difficult to speak to their sons and daughters about issues such as growing up, puberty, relationships and sexual health. Young people from across the County are offering their hints and tips on how to approach these issues with them. These include:

- Talk generally about situations - don't make it personal
- Let us talk in our own time - don't keep bringing things up
- Talk in a light hearted way
- Be confident
- Give us the benefit of the doubt – don't make assumptions about me or my friends or my boyfriend/girlfriend
- Talk to me like you would an adult not like a child and don't patronize me.



You can also get more hints and tips from the National Charity Parentline Plus by visiting

www.parentlineplus.org.uk

or call their freephone number **0808 800 2222**

Some of their hints and tips include:

- Use TV programmes, films and magazines
- Give short, simple, truthful answers to questions
- Ask open questions, talk about feelings
- It doesn't matter if you don't know all the answers

Research shows that the earlier parent and carers talk to their young people about relationships and sexual health, the more likely the young people are to delay first sexual activity. Young people have also said that their mum and dad would be their preferred source of information on a whole range of issues including relationships and sexual health.



Leicestershire
Teenage Pregnancy Partnership

