

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

Talking to Kids About Sex and Dating

We don't expect kids to always make good decisions. But when it comes to sex and dating, it's important for parents to talk to kids about the physical and emotional consequences of sex, no matter how awkward it feels for both parties.

This week on childmind.org, we round up resources on **why it matters to talk to teens about sex and romantic relationships**, and how to approach this sensitive topic. We dive into **consent** and how kids can confidently set and respect boundaries. We have tips on **how to help kids deal with unwanted attention**, as well as **warning signs of sexual behaviors that are concerning**. And we also outline some **DOs and DON'Ts** to help teens make good choices as they enter their first relationships.

– Stephanie Cornwell, Staff Writer I

childmind.org - https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=child_mind_institute_url_body

why it matters to talk to teens about sex and romantic relationships - https://childmind.org/article/why-you-should-have-frank-sex-talks-with-teens/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=why-you-should-have-frank-sex-talks-with-teens

consent - https://childmind.org/article/how-talk-kids-sex-consent-boundaries/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=how-talk-kids-sex-consent-boundaries

how to help kids deal with unwanted attention - https://childmind.org/article/helping-girls-deal-unwanted-sexual-attention/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=helping-girls-deal-unwanted-sexual-attention

warning signs of sexual behaviors that are concerning - https://childmind.org/article/when-to-worry-about-your-kid-having-sex/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=when-to-worry-about-your-kid-having-sex

DOs and DON'Ts - https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=how-to-help-kids-have-good-romantic-relationships

Why You Should Be Talking to Teens About Sex

How parents can (and should) help kids avoid doing things they'll regret.

https://childmind.org/article/why-you-should-have-frank-sex-talks-with-teens/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=why-you-should-have-frank-sex-talks-with-teens

How to Talk to Kids About Sex and Consent

When it comes to sex, setting boundaries and respecting them are both important.

https://childmind.org/article/how-talk-kids-sex-consent-boundaries/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=how-talk-kids-sex-consent-boundaries

Helping Girls Deal with Unwanted Sexual Attention

How parents can arm daughters to protect both their safety and their boundaries.

https://childmind.org/article/helping-girls-deal-unwanted-sexual-attention/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=helping-girls-deal-unwanted-sexual-attention

When to Worry About Your Kid Having Sex

It's important to think about how and why teenagers become sexually active.

https://childmind.org/article/when-to-worry-about-your-kid-having-sex/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=when-to-worry-about-your-kid-having-sex

Teens and Romantic Relationships

Some DOs and DON'Ts to share with your teens.

https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=how-to-help-kids-have-good-romantic-relationships

How to Talk to Teenagers About Porn

Fighting unrealistic and unhealthy ideas about sex.

https://childmind.org/article/how-to-talk-to-teenagers-about-porn/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-07&utm_content=how-to-talk-to-teenagers-about-porn

Shared information and Credit to "The Child Mind Institute".