



# 35 CONVERSATION STARTERS FOR HAVING “THE TALK”



When it comes to talking to your teenager about dating and relationships, it can be hard to know where to begin. That's why I like to start with open-ended questions, because they're a great way to enter into a dialogue with your adolescent, even when doing so causes stress or anxiety.

Here's a list of questions that can be used as "openers" for conversations. Read through them, and note your feeling or response. In my coaching work, I help parents feel more at ease and confident as they work

toward a more open and communicative relationship with their children about sex, gender, dating and love. Take a read, and notice what reactions come up for you.

When talking to your kid and using some of these questions, think about how YOU would have liked to be asked when you were a kid. How would you want your parent to have approached it for you? If they had, would it have changed your relationship or ideas around sex? Consider this a pathway to a dialogue, not a lecture your kid will dread and then ignore.

## SECTION 1

# PARENT SELF-ASSESS QUESTIONS

First up, you have to assess how YOU feel about sex. Because how we feel as adults about sex can directly affect how our kids feel, act and decide. Understanding your own reactions and perspectives is important before you dive in with your kids.

- |  |   |
|--|---|
| <ol style="list-style-type: none"><li><i>1. What are your values about relationships?</i></li><li><i>2. When is it okay for your teens to begin having their own relationships?</i></li><li><i>3. What did your parents think?</i></li><li><i>4. How did your parents handle this topic?</i></li></ol> | <ol style="list-style-type: none"><li><i>5. How do your kids feel about dating?</i></li><li><i>6. What is the route you would suggest for getting to know someone?</i></li><li><i>7. How do you feel about hookups?</i></li><li><i>8. Have you ever hooked up with someone?</i></li></ol> |
|--|---|

## SECTION 2

# TALKING TO KIDS ABOUT HEALTHY/ UNHEALTHY RELATIONSHIPS

Sex isn't just about sex. It's about relationships, connections and intimacy. One of the pillars of creating a healthy relationship with sex is being able to identify Healthy and Unhealthy Relationships. Let's start with some conversation points there!

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li><i>9. Do you have any friends who are "going out"?</i></li><li><i>10. How many of your friends are dating? Do you know someone who has regretted their decision?</i></li><li><i>11. What does an unhealthy relationship look like?</i></li><li><i>12. What would you do if you realized a friend was in an unhealthy relationship? What if you were?</i></li></ol> | <ol style="list-style-type: none"><li><i>13. Why do you think people stay in an unhealthy relationship?</i></li><li><i>14. What would be some signs that someone you cared about was struggling in a bad relationship? What would you do? Would you say anything?</i></li><li><i>15. How would you want someone to handle this with you?</i></li></ol> |
|--|--|



## SECTION 3

# ACTUAL SEX QUESTIONS

All right, time to dive in to the bigger questions. The ones that lead you here. How can you approach the topic with your kids about physical sex in an open and honest way? Here are some openers.

- 16. What is "sex"?*
- 17. What does love have to do with sex?*
- 18. How old should someone be to have sex?*
- 19. When is it OK for a person to have sex with another person?*
- 20. Are there situations where it would be okay to have sex? What are they?*
- 21. What will it mean to have sex?*
- 22. Will doing sexual things make you popular?*
- 23. How can you tell your bf/gf that you don't want to have sex? How can you handle it if you want to have sex but your bf/gf does not?*
- 24. What are some of the things you've heard teens say about sex that you didn't think sounded correct?*
- 25. What would you do if you found yourself in a situation where things were moving more quickly than you intend? What about if you feel that way after the fact?*
- 26. How should you handle the pressure from your friends to start doing sexual things?*
- 27. What is the difference between sexual intimacy and emotional intimacy?*
- 28. What would make it easier for people to talk about sex (e.g., times, places, resources, etc.)?*
- 29. How can sex, which is supposed to be wonderful, hurt people?*

## SECTION 4

# FACTS WE CAN RESEARCH TOGETHER

For your kids, the curiosity around sex doesn't end once you've had "The Talk." In fact, they might have more questions. That's why it's *VITAL* to have open conversations often and always with an approach to hearing their side of the topic. Then they will come to you with questions instead of going to potentially unreliable sources. To set them on the right path, open up the idea of researching topics together. Here are a few fact-checking ideas to get you started.

**30. How do you have sex and not get pregnant?**

**31. How does contraception work?**

**32. Are some contraceptives better than others?**

**33. Can you get pregnant the first time you have intercourse?**

**34. Can you get pregnant before you even get your period?**

**35. Can you get pregnant from pre-cum?**

Okay, now check your pulse. Feeling okay? That wasn't so bad was it? This is a tough topic for a lot of parents who care to get it right. If you're here, you're one of those parents and know the importance of opening up this conversation. Congratulations, you're already awesome!

If you're ready to go even further, together we can help your child understand healthy relationships with others and themselves. Just [click here](#) and learn about my coaching program. I take you step-by-step on how to support your child, while strengthening your relationship and gaining confidence in your parenting. Learn the little changes to conversations that support big changes in their life.



***Ready for more?***

**Check out [www.themamasutra.com](http://www.themamasutra.com) and my book, *Read Me: A Parental Primer for "The Talk" and get the Five Building Blocks to a Healthy Sexuality!***

 [facebook.com/TheMamaSutra](https://facebook.com/TheMamaSutra)

 [instagram.com/themamasutra](https://instagram.com/themamasutra)

 [twitter.com/themamasutra](https://twitter.com/themamasutra)

 [linkedin.com/in/themamasutra](https://linkedin.com/in/themamasutra)