

ABOUTTOPICS

“WHAT TO TALK ABOUT”

Specific Topics for Discussion and Instruction with Your Kids

When it comes to children they should be told the least amount of sex trivia and the greatest amount about the necessary connection between sex and love.

Good sex education starts with the Golden Rule. “Do unto others as you would have them do unto you.” Parents should teach children how to apply it in their relationships with the opposite sex.

Let’s not forget about the Silver Rule as defined by Richard Wetzel, MD. “Behave as you would have others behave”. For example, when a child is unsure how to act in a certain situation, the child should consider how he or she would want someone he or she respects to act. As another example, if a teenager is at a party where pornography is being shown, he or she should consider how parents or other respected family members would act and follow that example.

Parents should teach children the holistic approach to sexuality. Teach that sex has a role within a relationship, not instead of a relationship.

Parents should alert their children to the great ignorance among their peer group regarding the core issues of sex, in particular among those who are sexually active. Parents should explain which issues are trivial and which have substance. For example, some young people equate sex with love. This is not the case and is a matter of substance. Another reality vs. fantasy issue is that of the frequency of sexual contact in a healthy relationship. The reality is that sex constitutes just 2% of a married couples time together.

Since most of the people a person dates will eventually marry someone else, parents should advise their children to treat the people they date as they would want someone else to treat their own future spouses.

Parents should teach their children to say “no” by the way they act and dress, and by the situations they allow or don’t allow themselves to get into - use of alcohol and other drugs, arousing forms of entertainment, the wrong peer group, secluded dates, etc.

Parents should emphasize morality and virtue.

Parents should teach their children that the term “safe sex” is a misnomer!

Above all, parents should communicate with their children. Talk, talk, talk, and talk some more.