



Tools for the Journey:

11 Tips for Talking to Your Daughter About Sex

Start early on.

Address the topic early on. In today's world, kids are hearing about sex at younger and younger ages. But the first messages that they hear are often the ones that stick with them. Make sure that you are giving them accurate facts and values first.

Don't avoid the topic.

If your daughter approaches you to have a conversation about sex, do not avoid it or pass the responsibility off to her mother. This is a lucky moment for you! Embrace it and have an open conversation with her.

Let her control the conversation.

Let her questions control the direction in which the conversation goes. Don't feel like you have to cover everything in one shot. Many times, their curiosity is just about that specific thing and other descriptions or explanations would only confuse or overwhelm them.

Modeling is important.

Even though indirect, the way you treat her mother and women in general will have an effect on how your daughter views relations and, eventually, sex.

Use current media.

If you're having trouble starting the conversation, utilize today's media. There are plenty of examples of healthy, and unhealthy, choices. Let these be starter topics that will lead to deeper conversation.

Talk about values.

Your daughter may choose to talk to mom, or another trusted woman, about a lot of her questions. But you can have a strong values discussion. Be honest about your expectations and values while asking her about hers.

Be honest.

As much as you may want to tell her things that will scare her so she never makes the decision to have sex, be honest with her. Stick to facts so that she is prepared. This will also help build trust between the two of you.

Don't force it.

Don't force the conversation on her. This isn't to say that you need to wait until she starts asking. Ease in to discussing sex through multiple, casual touch points so that she doesn't feel overwhelmed.

Be understanding.

Dad, sometimes you just have to let mom take the reins on certain things. And this just might be one of them. Be understanding if your daughter needs a woman's point of view on this instead of her daddy's.

Help her understand boys.

You are the house expert on all things boy, so help your daughter out. Help her understand the male perspective on sex-- the unhealthy, selfish ways as well as the healthy, responsible ways.

Find some support.

If your daughter's mother isn't an option, find some help. It doesn't hurt to get a woman involved. That means finding someone you trust and who shares your values. You can tell your daughter all the right information and terms, but you'll never have the same perspective and experiences to share.