

Tools for the Journey

10 Tips for Talking to Your Son About Girls

- 1.** Set a good example for your son by the way you treat his mother. He needs you to model a healthy relationship so he can follow in your footsteps.
- 2.** Start the discussion early on so it is a comfortable topic between the two of you. Let the first messages about sex be from you, so he can trust them.
- 3.** Be honest about your expectations of your son. Discuss your family's values and why they are important.
- 4.** Answer his questions. You would rather him come to you with questions than turn to outside sources who may not hold the same values as you.
- 5.** Have a discussion about respect. Not just respecting girls in his life, but respecting himself as well.
- 6.** Be accepting of his feelings. He shouldn't be embarrassed about the way he feels about girls, he just may need some guidance on how to react to those feelings.
- 7.** Understand that aggressive girls will likely come into your son's life. Have conversations about what he wants in a potential spouse so he can tell the difference.
- 8.** Include mom! Obviously you will, and should be, the go to for these conversations. But she can provide insights into a girl's mind that you can't.
- 9.** Discuss sex in terms of accountability. Be honest about the repercussions from an unhealthy sex life.
- 10.** Let him know that you are available. While you are his father, and there to provide standards and guidance, you are also his friend and are there to listen.