



WORDS AND GESTURES OF PRAISE

I will encourage these behaviors by saying things like:

- "I noticed that you ____."
- "I had fun doing ____ with you!"
- "You are great at that!"
- "I am so glad you are my kid!"
- "You worked hard on that!"
- "What a clever idea!"
- "I wanted to say thanks for ____ without me reminding you."
- "Way to go!"
- "Thank you for ____."
- "I really appreciate ____."
- "You showed a lot of responsibility when you ____."
- "You are the best!"
- "One thing I love about being your mom/dad/caregiver is that you ____."
- "There you go!"
- "I love you."
- "You are improving at ____ more and more!"
- "I'm so proud of you for ____."
- "You should be proud of yourself."
- "You did ____ today. I appreciate that!"
- "I believe in you!"

I can also show praise and encouragement with actions like:

- Smiling
- Giving a thumbs up
- Nodding
- Giving a high five
- Clapping
- Patting on the shoulder or back
- Touching cheek
- Laughing (with, not at)
- Hugging
- Kissing on cheek or forehead



CONVERSATION STARTERS

Talking to kids about sex can be difficult, even for the best communicators, but it's necessary if they are to grow up into sexually healthy adults. Here are some tips for talking about these potentially tough topics.

BE PREPARED.

Think about what you want to discuss and decide the topics you will and will not talk about in advance. Take time to consider your own values, and practice communicating them clearly. One helpful way to do this is by talking to other parents—they'll probably benefit just as much as you do.

BE PROACTIVE.

It's up to you to begin conversations with your child rather than waiting for them to start talking about relationships and sex. Start small— but start now!

BE OPEN.

Never turn a child's questions away—instead, let those questions guide your conversations. Ask them why they want to know what they're asking about and listen to their points of view.

BE TRUTHFUL.

Use facts and your beliefs to answer their questions as best you can. Start with the facts and provide accurate information without any judgments or opinions, then follow up with a statement about your beliefs. Add your personal perspectives, expectations, and experiences—whatever feels appropriate and whatever helps you connect with your kid.

BE CHILL.

Try to relax—you don't need to know all the answers! If your child asks you a question you don't know, take the time to research it together.

BE PERSISTENT.

One conversation isn't enough—talking early and often means that even if you don't get something right the first time, you've got more chances to make an impact. Use teachable moments and everyday events to clarify issues about relationships and sex. Consider your child's age and maturity levels when deciding to share information, and let the conversations grow as they do.

Conversation Topics

You could have hundreds of conversations related to sex and relationships with your child. Here are just a few topics to get you thinking! You may have had some of these conversations already.

- What do healthy conflict resolution skills look like?
- How to know when you're ready to be sexually active.
- What are your hopes for how your child is treated in their relationships?
- Understanding your body and how it changes as you grow and develop.
- How to handle peer and partner pressures to have sex.
- Information about sexually transmitted infections, birth control, abstinence, condom use, masturbation, or menstruation.
- Proper hygiene.



SUPERVISION PLAN

Take a moment to consider all of the information that was just presented and consider your supervision approach. Use the following questions to make a supervision plan, and then post it in a visible spot in your house, such as the fridge.

What time does my child need to be home on **weeknights**?



What time does my child need to be home on **weekends**?

How should my child ask to go out with friends or on dates? *Describe the process or expectations*

What are the consequences if my child doesn't follow the plan? *Specify the consequences*

Are there locations or activities that require **additional supervision or special permission**? *List the places or activities*

What are my expectations for how my child communicates with me while they're out? *Specify the preferred method and frequency of communication*

Are there people my child isn't allowed to spend time with? *List the individuals and reasoning*

What are our **family expectations** for computers, phones, and the internet? *Specify any restrictions or rules*

How should my child handle **unexpected situations or changes in plans**? *Provide guidance or steps to follow*

What should my child do if they feel **unsafe or uncomfortable** while they are out? *Outline the recommended actions*

What other expectations or rules are there related to **curfews, chores, and responsibilities**? *Specify the expectations*



CHILD'S RULES FOR ONLINE SAFETY

- 1. I will not give out personal information** such as my full name, address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
- 2. I will tell my parents right away** if I come across any information that makes me feel uncomfortable.
- 3. I will never agree to get together with someone I "meet" online** without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring a parent along.
- 4. I will talk with my parents about posting pictures** of myself or others online and will not post any pictures that my parents consider to be inappropriate.
- 5. I will check to make sure that my social media profiles are only visible to friends and family,** and not set to be "public". I will not share my profile (e.g., friend, follow, etc.) with anyone that I do not know in real life.
- 6. I will not respond to any messages that are mean or in any way make me feel uncomfortable.** It is not my fault if I get a message like that. If I do I will tell my parents right away.
- 7. I will talk with my parents so that we can set up rules** for going online and using a mobile phone. We will decide on the time of day that I can be online, the length of time I can be online, and appropriate sites for me to visit. I will not access other sites or break these rules without their permission.
- 8. I will not give out any passwords** to anyone (even my best friends) other than to my parents.
- 9. I will check with my parents** before downloading or installing software or doing anything that could possibly hurt our computer or my mobile device or jeopardize my family's privacy.
- 10. I will be a good online citizen** and not do anything that hurts other people or is against the law.
- 11. I will help my parents understand** how to have fun and learn things online and teach them things about the internet, computers, and other technology.

Child's name

Parent/Guardian's name

Date

Date