Sex, Teens & Everything in Between
Talking to Your Kids about Sex
2019
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CIRCLES OF SEXUALITY

- Sensuality
- Power and Agency
- Intimacy
- Sexual & Reproductive Health
- Sexual Orientation & Gender Identity
- Sexual Behaviours & Practices
First Crush
First Heartbreak
Teen Brain
Adult Brain
If you’re not talking to your kid about sex, you’re the only one not talking to your kid about sex.
What’s Going On??

Know Your IX
Empowering students to stop sexual violence

CDC
Centers for Disease Control and Prevention

#MeToo
Current Statistics

• Average age of sexual debut is 17.
• Oral Sex
• Making Caring Common 2017 report:
  • Adults and teens tend to greatly overestimate the size of hook up culture. Large majority of young people are not hooking up frequently. 85% would prefer other options.
  • 87% of young women reported having experienced sexual harassment.
  • 76% of respondents (72% male, 80% female) had never had a conversation about how NOT to harass or forms of misogyny.
  • 70% wish parents had provided more information about some aspect of a romantic relationship.
What’s changed?
Sexpectations: The Impact

- Gender stereotypes at work
- Sex positivity in a sex negative culture
- Sexual entertainment media and its impact  
  - Hi speed internet porn
Watching Gender: Movies and TV

• Masculine traits vs. feminine traits.
• Girls: appearance & bodies as sexual objects for others’ consumption.
• Tolerant views of sexual harassment
• Support for the belief that women are at least partially responsible for their own sexual assaults.
• Expectations in romantic and sexual situations
How Prevalent is Porn?

• The porn industry is bigger than the NFL, NBA, and MLB combined. (All Pro, Dad, 2015)

• It represents a $97 billion business worldwide and a $13 billion industry in the United States. (Enough is Enough, 2016).

• 30% of all the data transferred across the Internet is porn. Internet porn sites get more visitors each month than Netflix, Amazon, and Twitter combined. (The Huffington Post, 2013)

• Porn Hub 2018: 33.5 billion visits, 92 million/day, 4,791,799 videos uploaded (1 million hrs./ 115 years of video)
The Impact of Porn on Teenagers

• Porn Educated
• Unrealistic Expectations
• Training the brain: sexual relevance & context → desire
• Arousal “addiction”, Early ED, compromised sexual relationships
Talking about Porn

• Fantasy and not reflective of most people’s sexual realities or healthy practices
• Not for educational purposes (entertainment)
• There’s nothing private about it
• Has more to do with making money than anything else
• Contractual vs. consensual
• Heterocentric & enables bias and marginalization
Common effects of alcohol on teenagers specific to sexual behavior

- Impairs communication about sexual intentions
- Magnifies misperceptions about sexual intent
- Weakens ability to correct misperceptions
- Diminishes ability to resist
- Justifies aggressive behavior
Challenging and Courageous Conversations

• The mantra: “Keep it real.”

• Teenagers need an environment free of judgment, guilt, shame, absolutes and ultimatums in order to share with open honesty.

• Earning credibility does not come from compromising adult – young person boundaries, but from approaching difficult topics with a balance of seriousness, humor and openness.

• Not “THE Talk” but many conversations. Think layers: scaffolding and spheres. Teen time.
From the Mouths of Babes

• “If we ask a question, pleeeaaaasssseee be concise and focused.”
• “Allow your kid to guide the conversation – talk less and listen more.”
• It’s okay to say, “I don’t know.”
• “Stay open to different perspectives.”
• “Avoid letting the conversation become a family debate.”
• “We really do care even if it seems like we don’t.”
• “Worry less about what I do and more about how I feel.”
Family Values
Consent
Taking a closer look at Consent...

• Educating others on how to treat you and listening to learn how others want to be treated. Empathy.

• Mutual respect, authentic connection and integrity.

• Assertiveness and communicating boundaries.
What you can do?

• Acknowledgement: this is hard.
• Reflect upon your own orientation to adversity and challenge.
• Educate yourself: resources in Sex, Teens...
• Talking to your kid(s) about sex is about LOVE!
• “Ugh, this is way too awkward, we don’t need to talk about this – I’ll learn about it in school.”
What else you can do...

• Emphasize that this is a human issue. This is about how we care about people.
• Discuss what’s in the media.
• Examine gender stereotypes together and how they relate to relationships.
• Discuss the relationship between sexual assault and alcohol.
• Watch media together and engage in critical dialogue.
• Look for opportunities to reinforce values. “I came across “X” on the internet/in the newspaper/while listening to NPR…”
• Ask about a health class!!!
• Be curious - become an expert in asking good questions.
• Stay up to date on efforts to bring an end to sexual violence.
• Answer the call to action – Questions hold people and institutions accountable.
Cultivating the capacity to practice consent

- Vulnerability is courage not weakness
- Empathy
- Sex is a felt experience not a performance
- Authentic connection and intimacy
- Embodied expression/experiences
• Morality is built across developmental stages.
• Appreciation → Empathy → Morality (caring and loving relationships)
• Resources:
  • Social media and digital citizenship
  • Six Tips for Parents: Reducing and Preventing Misogyny and Sexual Harassment Among Teens and Young Adults
  • 5 Tips for Parents: Guiding Teens and Young Adults in Developing Healthy Romantic Relationships
  • The Talk: How adults Can Promote Young People’s Healthy Relationships and Prevent Misogyny and Sexual Harassment