

# Tips for: Talking about sex and sexuality

In this video, the young people talk about the importance of caseworkers being able to have healthy and age appropriate conversations about sexual identity and sexual health.

## Reflections

What thoughts and feelings did you notice when hearing young people talk about sexual health? Did you notice any discomfort on a scale of 0 to 10, with 0 being completely comfortable to 10 being completely uncomfortable?

What is it like for you to talk to children and young people about sex, sexuality, sexual identity and sexual health? What are the barriers for you? Who could you reach out to for support?

Emily shared that she never had a conversation with her caseworker about sexual health. Do you think this is something caseworkers should talk to children and young people about? Why? What are the potential benefits?

Mat, Aidan and Tarnie talk about the importance of having conversations about different genders, sexualities and relationship types. Why is this important? What message do you inadvertently send if you do not acknowledge diversity?

## Your plan

How will you build your knowledge, skills and confidence in this area? What resources are available?

How will you approach conversations with young people about sexual health and sexual/relationship safety? What do you need to do to prepare so you can sit in discomfort and model healthy dialogue?

How will you make sure that the children and young people you work with feel comfortable and safe enough to talk to you about their gender identity and sexual identity?

## **Group supervision questions**

The young person we are working with has recently started exploring their sexuality. How can we support them to make safe and healthy decisions about their relationships and sexual activity?

How can we make sure that children and young people who identify as LGBTIQ+ feel safe and accepted for who they are and experience a true sense of belonging?