

# Let's Talk About Sex

**Lisa Belleli**

# What we're covering



**How do we make it less awkward?**

**What do we need to cover?**

**Where do we start?**

**What is age appropriate**

**Consent**

**Sexting**

**Sexuality**

**Relationships**

**Hollywood & Pornography**

**How do we make it less  
awkward?**

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# Why is it awkward in the first place?



# Strategies to make it less awkward

- **Start with a book**
- **Become an expert**
- **Practice makes perfect**
- **Take the lead of your child**
- **Boundaries**

**What do we need to cover?**

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- **Biology**
- **Sex for pleasure**
- **Orgasms**
- **Consent**
- **Legislation**
- **Sexting**
- **Sexual relationships**
- **Sexuality**
- **Hollywood & Pornography**

**Where do we start?**

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## Let's start at the very beginning...

- **Let them know you will answer any questions they have... about anything**
- **Set boundaries**
- **Select resources (books, articles, experts, friends)**
- **Continue the conversation, take advantage of prompts**
- **Age appropriate conversations**
- **Find out what they already know**
- **Keep it simple**
- **Check for understanding**
- **Be honest, if you're unsure then tell them**
- **Take your values into account**
- **You're in for the long haul, this is a conversation that takes years.**

**What is age appropriate?**

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# How much information is enough?

- **Keep it simple**
- **Keeping these discussions at home and not at school**
- **By the age of 9 some girls are already well into puberty, it is important to talk about sex for reproduction by this age**
- **As they are exposed to more media it is time to talk more about consent and relationships**

# Consent

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# What is it?



- **Is it actually permission?**

- **Agreement between two people**

# Age of consent for sex in Victoria

## Age 16 and above:

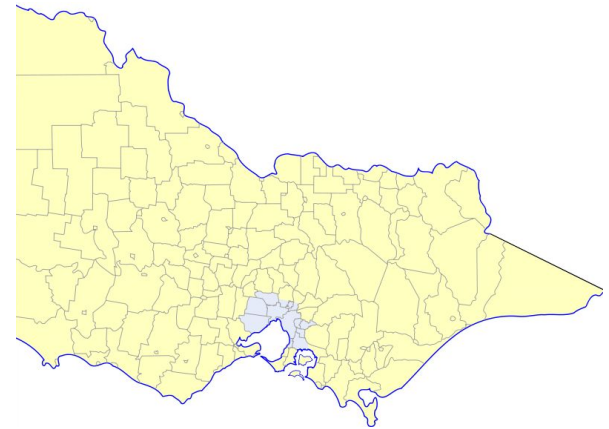
- You can consent to sexual activities except with family members (incest) or with someone who is in in position of authority over you
- This includes people like teachers, doctors etc.

## Age 12 – 15:

- You can consent to sexual activity as long as the other person is no more than 24 months older or younger than you

## Under 12:

- No one can have sex with you, touch you sexually or perform a sexual act in front of you. This includes anything to do with sexually explicit images.



# Consent



**You need consent to have any kind of sexual activity**

# CONSENT



**F**reely Given  
**R**eversible  
**I**nformed  
**E**nthusiastic  
**S**pecific

 Planned Parenthood®

# Sexting

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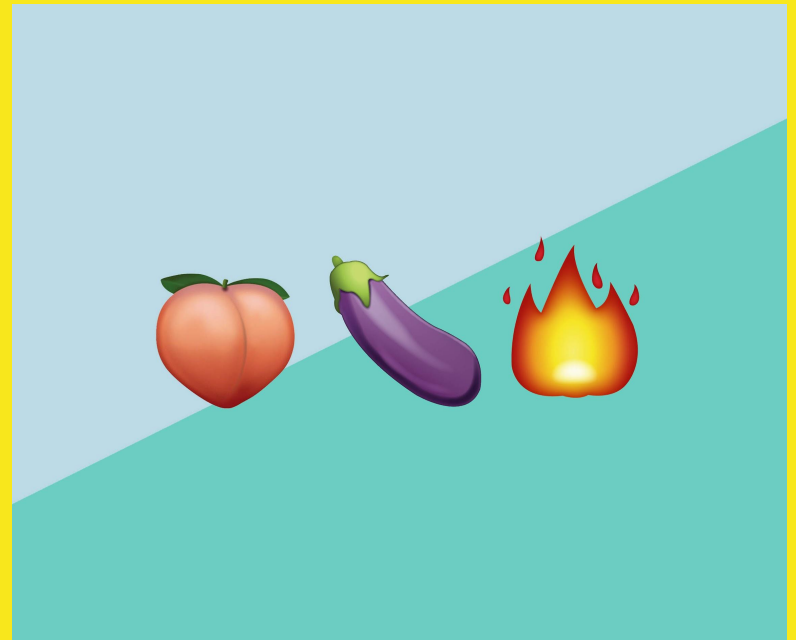


# What is Sexting?

Sexting is a term made up by the media

It describes:

- Creating, sending and receiving sexually suggestive, semi-nude, nude images or text messages
- These are also called 'intimate images'



# What is a sext image?



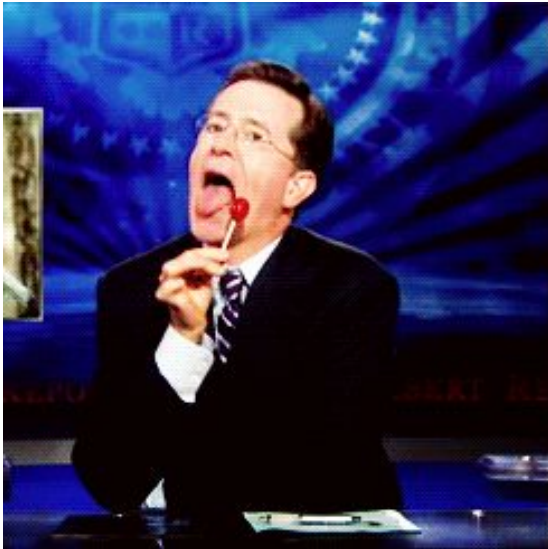
## **Sext images are:**

1. Nude images
2. Images of people engaged in sexual acts
3. Child pornography also includes provocative images of children that would make the average person feel offended.

*In Victoria it is an offence to distribute or threaten to distribute an intimate image of another person.*

*In most other Australian states, sexting is illegal if you're under 18*

# Legal stuff about nudes- Victoria



- **Age 18+**
- Cannot take, keep or send a sext to or from someone under 18. Regardless of 24 months age gap. **This is classed as child exploitation material (child pornography)**
- **Age 12-17**
- Can take, keep, send a sext of **YOURSELF**
- Can take and keep and sext of **SOMEONE ELSE**  
**(CAN'T SEND)**
- Must have consent
- Must be within 24 months in age
- Cannot send to anyone >18
- **Under 12**
- No one can do anything sexual with, or show anything sexual to, a person under 12.

# Sexuality

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# Challenges



- If i tell my kid about homosexuality they might become gay?
- I don't agree with homosexuality, I don't want my kids to think it's ok.
- I don't know much about it

## How do I talk about it?

Depends on personal values

Be honest

Be matter-of-fact



# Relationships

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# Goals



**Respect**

**Equality**

**Happiness**

**Love**

**Intimacy**

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# Types of Relationship Abuse

1. **Physical (intimidation is also physical violence- even if there is no physical contact)**
2. **Verbal**
3. **Emotional**
4. **Financial**
5. **Social**
6. **Sexual**
7. **Cyber/technological**

# Hollywood & Pornography

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# Main Messages from the Mainstream

- **Ambiguous (or complete lack of) consent**
- **Sexual assault**
- **Pressure**
- **Sex always looks good**
- **Everyone knows what to do**

# Problems in Porn

- **No consent**
- **Violence**
- **Dominance**
- **List of sex acts**
- **Can lead to medical issues**

# WHAT CAN WE DO???

- **Talk, talk, talk**
- **Model healthy relationships (the easy and the hard parts)**
- **Always be available**
- **Try to listen without judgement**
- **If you're upset pause before you respond. May need to leave it and revisit.**

**Questions?**

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