

Reduce risk taking behaviours by talking with your kids



You are your child's first source of information about sensitive issues, so you can play an important role in educating and guiding your child through childhood, adolescence and beyond.

Below are tips to consider;

- Initiate conversation, don't wait for them to bring up these topics; use teachable moments TV and media.
- Become informed about the pressures and influences facing youth.
- Be clear about your own values and attitudes and be open/ interested in their thoughts and opinions.
- Research shows that children who have talked to their parents about issues are less likely to engage in high risk behaviours. Talk to your children early and often.
- Supervise and monitor your children and adolescents. Know what your kids are watching, reading and listening to.
- Know your children's friends and their families.
- Let your kids know that you value education highly.
- Strive for a relationship that is warm in tone, firm in discipline, rich in communication and emphasizes mutual trust and respect.
- Support your teens to access information from trusted sources: trusted books/websites, school clinic, family practitioner.
- Answer questions honestly, your child will probably know if you're not being completely straight with them.

For more Information visit <http://www.sexualityandu.ca/parents>

<http://www.hc-sc.gc.ca/hc-ps/pubs/adp-apd/talk-aborder/index-eng.php>

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