SESSION 1: THURSDAY, AUGUST 31, 2023

The Talk: Understanding Sex Positive Parenting

SPP is a style of parenting that encourages age and developmentally appropriate conversations around sex and sexuality in order to build family relationships that are supportive, nurturing, honest, affirming and shame-free. It reminds us that learning about bodies, relationships, and sex are healthy and normal part of childhood, adolescence, and adulthood.



REFLECT ON YOUR SEXUAL IDENTITY JOURNEY: WHAT? WHERE? WHO? HOW?



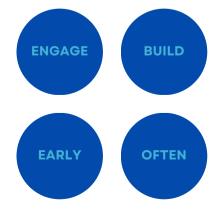
DO YOU USE FLIGHT, FIGHT, FREEZE, OR FAWN AS A COPING MECHANISMS IN YOUR PARENTING?

WRITE YOUR REFLECTION HERE:

REFLECT ON AN EXAMPLE:

3

WHAT ARE FOUR STEPS TO SEX POSITIVE PARENTING?



NOTES:		



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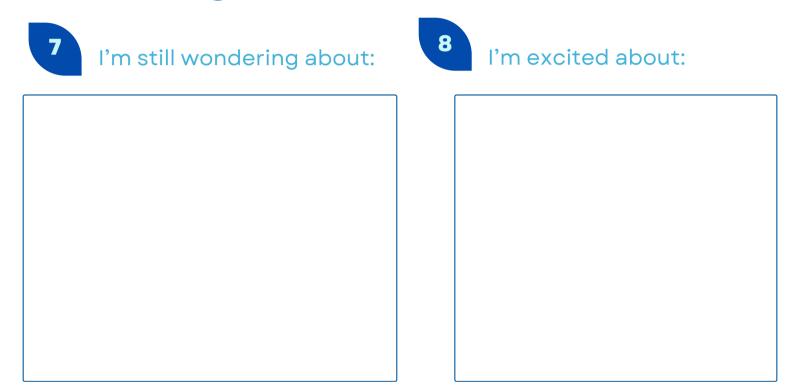
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Parenting Parenting	3.4.5
Follow these steps when you answer questions:	5 Let's Practice:
	Sample scenario:
6 Conversation Start	ers:



The Talk: **Understanding Sex Positive Parenting**

How can SPP support my family?







WHAT ARE TWO STEPS I CAN TAKE TO BEGIN MY SPP JOURNEY?





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