

# 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.

1

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

WRITE YOUR REFLECTION HERE:

2

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

REFLECT ON AN EXAMPLE:

3

WHAT ARE FOUR STEPS TO SEX POSITIVE  
PARENTING?

ENGAGE

BUILD

EARLY

OFTEN

NOTES:

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5 types of questions young people ask:

- 1.
- 2.
- 3.
- 4.
- 5

Follow these steps  
when you answer  
questions:

4

5

Let's Practice:

Sample scenario:

6

Conversation Starters:

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How can SPP support my family?

7 I'm still wondering about:

8 I'm excited about:

10 REGISTER HERE:



9

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

A

B