

How to Talk to Your Kids About Sex Workshops



Is this a conversation you've been dreading or do you feel worried that you have no idea where to begin?



Lael Stone

Lael Stone is an educator, author, mother and experienced childbirth professional.

She is a certified Aware Parenting Instructor who runs regular workshops and private sessions that empower parents with the ability to create stronger connection and awareness with their children.

She is the author of the *The Connection Program*, a pioneering curriculum for teenage girls that explores puberty, sexuality, relationships and sense of self. Lael is a regular high school guest speaker, engaging with teenagers and students to work through all aspects of sexuality and wellbeing.

Of Lael's three kids, the two teenagers are currently putting all her knowledge and research through its paces!

Teaching your kids about sex and sexuality is just as important as teaching them about healthy eating, good hygiene, and respectful relationships. And if you don't teach and guide them, then the internet will!

This workshop aims to equip parents with the tools and knowledge to have age-appropriate conversations with their children about sex. We will be covering topics that include:

- Age-appropriate education – from 2-years up to 16-years
- Explaining conception, pregnancy and birth to younger children
- Puberty and changes in the body
- Consent throughout different age groups
- Good touch and bad touch
- Porn and its impact on children
- Our own relationship to sex and its impact on our children
- Resources and books to use with your children

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Birth, Sexuality & Parenting

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