

# Sentence Starters

## for Healthcare Providers

Try using the following sentence starters to help guide your conversations with youth.



### Sentence starters

- Sexuality can be a sensitive topic for many young people and families. Is it OK if we talk about it today?
- It's OK to have sexual thoughts and feelings. Do you want to talk about dating, relationships, your body, or your feelings?
- Growing up can be exciting but scary too. What's the best/worst thing about puberty and growing up?
- Sometimes ideas about sex that you see online or in the media aren't real. Do you have any questions about what you've heard or seen?
- Young people get their sexuality information from many different places. Where do you get your information?



### Keeping conversations private

When having these conversations, talking about privacy and confidentiality is important. Here is a statement you can try:

“ I promise to keep our conversations private and confidential, unless you want me to talk to your parent/caregiver about a particular issue. I would only have to break confidentiality if I thought you or someone else were being abused or neglected. I would also need to tell someone if I thought you might hurt yourself or someone else. ”

Please adapt this statement according to your practice and the requirements of your regulatory body.



### Follow-up questions

You can use follow-up questions to guide your conversation. Here are some examples you can try:

- Would you like anyone else to be in the room when we talk about sexuality?
- Do you have a trusted adult in your life that you can talk to about sexuality?
- Is there anything else you'd like to talk about?
- Families /communities may have different ideas about relationships and dating. What does your family think?
- Dating is a choice. You don't have to date - you can say no. Do you think you would like to date?
- Do you use social media to get sexuality information?