

How do you prepare yourself to talk about sexual health?

Instructions: Grab a sticky note from the menu bar to submit your answer



Approach with humility

normalise it

be willing to have an honest conversation

Make sure to incorporate inclusive language

Become comfortable

Prepare to address it with kindness and compassion and be as comfortable as possible to try and put the others on ease

be ready to admit I don't have all the answers, but I can help to find them for my audience

use examples

Recently started preparing Talking Points for parents to go with each lesson, in hopes that meaningful conversation can continue at home.

Reflect on and acknowledge my own experiences/biases.

nonjudgemental mindset

gather the facts, knowing my audience.

be prepared to answer FAQs (or silly questions) that are difficult to answer

create a safe space for intended audience, be open minded and review topics beforehand

review material.

make sure of factual information

prepare to create a safe space and check my mindset prior

Study and make sure I have the facts down

I think about how I felt when I was first learning and discussing sexual health

Be open to what the individual has to share

Consider my audience and try to adapt my intention and presentation to them

Does my terminology fit my audience?

Prepare by checking bias and be sure to be mindful of all the people in the room. Show up with emotional intelligence to read non verbal cues

Make sure I review all my topics & content before I present

learn my audience and what they want to know

I tell myself to expect the unexpected. You can't truly predict what biases, questions, or concerns people have regarding sex. Approach these convos w/ an open mind

I pray and center myself, I also have a coworker who works alongside me. the support is amazing.

BE REAL

Open mind and lots of research

Smudge and say a prayer. I'm joking but not joking! :)

Get to know my audience first.

Ask open-ended questions in order to meet clients where they're at.

Think about the age and experience of the audience I'm working with

Recognize my audience, the way I present to my audience, and the message I want to get across. Could my message be triggering?

