

Family Norms Discussion

10 QUESTIONS

“Parents can make a huge contribution to their child’s social development by sharing their values about relationships, intimacy, love and eventually sex; this greatly increases the odds of kids achieving fulfilling mature relationships.” --J. Rosenzweig

The goal of these discussion questions is to encourage conversations around safety, boundaries, consent, and the norms of healthy sexual development and privacy. It will help you talk about the norms you wish to set for your family, discuss the differences you may have, and revisit these values often.

- 1 What words will you use to teach your kids about private parts? At what age will you start teaching this?** Discussion points: Normal development, open communication
- 2 At what age do you think your child will be able to wash their own body and bathe alone as they get older? Why is this important?** Discussion points: Privacy, modesty, safety, consent
- 3 What rules do you (or will you) have about having kids in your bed, or your kids sharing a bed with other kids?** Discussion points: Privacy, safety, healthy boundaries, autonomic arousal
- 4 Do you give your kids a choice about hugging and kissing relatives?** Discussion points: Control over their own body, choice, consent
- 5 What will you do if your child’s curiosity leads them to touch your private parts or someone else’s?** Discussion points: Privacy, consent, role-modeling setting boundaries gently but firmly



- 6** **How will you react when you see your child touching their own private parts?** Discussion points: Normal sexual development, privacy, avoid associating pleasure with fear/guilt/shame

- 7** **Will your physical signs of affection with your children change over time? How? Why?** Discussion points: Puberty, consent, autonomic arousal, ensuring children feel loved

- 8** **What 'rules' did you grow up with around privacy and nudity, and how did you learn about sexual development? How does this affect the way you want to parent? How do you plan to talk about these topics with your child? When will you begin?** Discussion points: Privacy, modesty, healthy sexuality, communicating your family norms and values

- 9** **How will you talk to your kids about staying safe online?** Discussion points: Safety, your family values, empathy, consent

- 10** **How will you talk about boundaries, safety and consent with family members and other adults who care for your kids?** Discussion points: Safety, healthy boundaries, consent

Adapted from Dr. Janet Rosenzweig's *The Parent's Guide to Talking About Sex*

Additional resources can be found at www.SexWiseParent.com

RESOURCES

For normal sexual development information:

https://www.nctsn.org/sites/default/files/resources/sexual_development_and_behavior_in_children.pdf

For age appropriate abuse prevention conversations: <https://www.cfchildren.org/resources/child-abuse-prevention/>

Creating a Family Safety Plan: <https://www.stopitnow.org/ohc-content/tip-sheet-create-a-family-safety-plan>