

Some tips for communicating with your child

HONESTY

Honesty can facilitate open communication and trust between you and your young person. You can role model honesty by being genuine in your interactions with your young person.

LANGUAGE

Using anatomically correct language will increase your young person's knowledge and confidence in using the correct words for each body part.

SUPPORT

Letting your young person know that you are there to support them no matter how big or small the issue is, will increase their overall feeling of safety with you.

CONVERSATION

Try to have small talks about subjects relating to healthy relationships and safety whenever you can! For example, if there is a scene in a movie, TV show or book that can spark a conversation about consent, bring it up. These conversations normalise subjects that can sometimes be hard to talk about. This will build the young person's confidence in seeking help or asking questions when needed.

JUDGEMENT-FREE ZONE

Remind them that there are no silly questions as you are there to support your young person to learn about healthy relationships.

INTEREST

If your young person is curious about something. Its important you show your interest by learning more about it. This will support you to have regular conversations and strengthen your relationship with your young person. If you don't know how to respond to a question, let the child know that you're unsure and you can find out the answer together.

COMMUNICATION

You can encourage open communication by simply checking in! Regular check-ins, active listening & being curious will ensure that your young person knows you are there to talk whenever they need you.

KIDS HELP LINE 1800 55 1800

LIFELINE 13 11 14

QLIFE 1800 18 4527



To Future Me would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. To Future Me has the HEART for providing support to the community in the most inclusive manner.