

INFORM&EMPOWER

Tackling Tricky conversations

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Psychologist & Mum

TOOLKIT FOR
PARENTS & CARERS



I want you to...

Feel more relaxed

Feel more confident

Take the pressure off

Start more conversations

What can get in the way?

Mum asks too many questions

Dad's way too awkward/embarrassed about stuff



I don't want them to ban me from...
(insert friend, place, device etc...)

I don't want them to hate my friend



I don't know how to bring it up



They get too stressed

They just go on and on

They think it's inappropriate

They'll lose it



They will tell other people what I say

They'll take over sorting it out

They won't understand



What	Why
When	How

- Feel good chats
- Get informed
- Get guidance
- Prepare
- Plant the seed
- Kids will say “enough”

What	Why
When	How

- Empower vs. frighten
- Their need vs your need
- Circumstance change

What	Why
When	How

- Age/Development
- Situation presents
- Time of day
- Privacy

What	Why
When	How

- Curious not furious
- Talk - direct
- Talk - indirect
- Note
- Movie
- Song
- Activity

Do your friends talk about...

How are you feeling about...

There is literally no question that you can't ask me!

That's such an important question. Can we talk about it when it's just us?

I just want to check in with you because I saw...

I'm interested what you would do if....

I need to share something important with you, you just need to listen

You might find this topic embarrassing but it's important...

You already know about.... but there's more to know

There was a kid your age who...

Let me know if you want to talk about...

Have any of the kids in your class...

I've noticed that you...

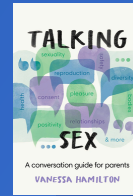
What do you understand about...



Sexuality/ Pornography



- Early and often
- Own your awkwardness
- All families talk about it in their own way
- They know more than you think
- Pornography exposure is a “when” not an “if”
- Myths



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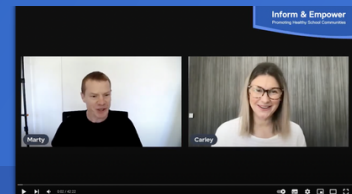
FREE Podcast:
Talking Sex



Unsafe People



- Early warning signs
- Green flags and red flags
- “What if...” game
- Manners don't matter
- Borrow authority
- Be direct
- Unsafe people



Talking to kids about
online predators - HOW!

Grief



- Make space
- Can look SO different
- Rituals help
- Transparency !

Bullying



- Victim or bully
- Call out the behaviour
- Online vs offline
- Spell out support options

Self harm, suicide risk and other mental health concerns



- Manage your fear
- Trust your instincts
- Share your observations
- Be direct
- Discussing it does NOT increase risk
- Address “shame”
- Plant the seed
- Spell out support options

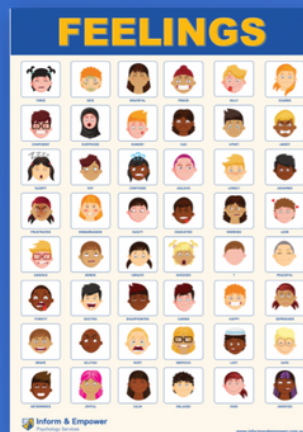


PUBLIC SERVICE ANNOUNCEMENT

- ☑ Just start
- ☑ Know we are all doing our best
- ☑ There's no perfect conversations
- ☑ Celebrate the good stuff



@informempower



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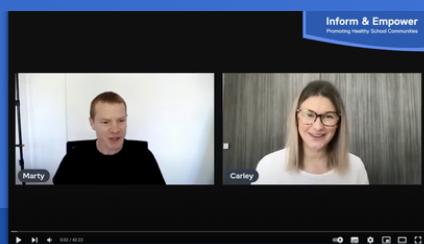
BOOKS



WEBSITES



OTHER



Talking to kids about online predators (video)



Talking to kids about health & sexuality (podcast)