

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?
- Different families/communities 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?