

Sex Matters: Tips and Tools for Talking about Sex in Your Family

Damon M. Constantinides, LSW, M.Ed.
Therapist, Social Worker, Sexologist

Damon@DMCConsult.net

www.DMCConsult.net

(607)-592-2173



Philadelphia
Family Pride

What messages did you get?



LGBTQ Families

- ◉ Partnerships are not legally recognized.
- ◉ Partnerships are not socially sanctioned.
- ◉ Lack of parenting and relationship role models.
- ◉ Ongoing experience of living in a homophobic society.



Essential Truths

- ◉ Sexual knowledge is good. Talking about sex is good, and good for our children.
- ◉ Sex is broader than intercourse.
- ◉ Values education is at the heart of sexuality education.
- ◉ Sexuality is broader than sex.

(Deborah Hoffman, *Sex and Sensibility*)

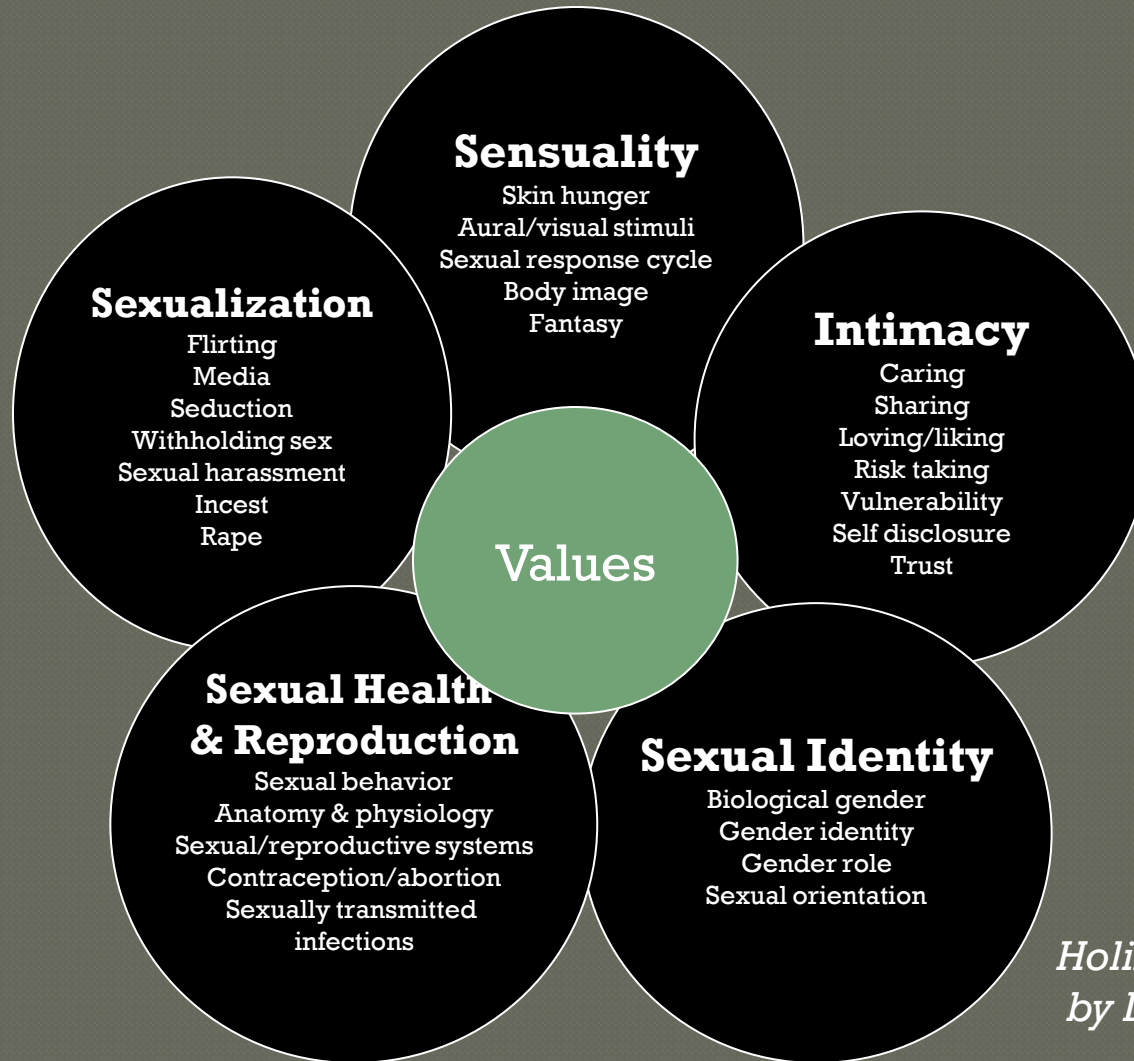
Values

What are yours?



- Personal
- Parental
- Religious
- Societal

Circles of Sexuality

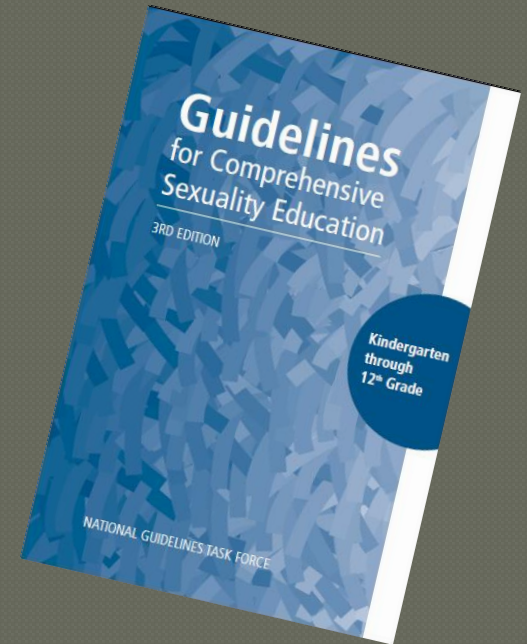


*Holistic sexuality model
by Dennis Dailey*

Developmentally Appropriate

Five Core Needs of Children

1. Affirmation
2. Information Giving
3. Values Clarification
4. Limit Setting
5. Anticipatory Guidance



More Than “The Talk”

- ◉ Do you express affection & respect for your partner?
- ◉ Do you model healthy body image and self esteem?
- ◉ Do you talk about values, goals and vision?
- ◉ Do you pay attention to your child’s moods, health, friends and activities?
- ◉ Do you keep the conversational door open?

(Melanie Davis, Med, *Sexuality Talking Points: A guide toward thoughtful conversations between parents and children*
<http://www.honestexchange.com>.)

Resources

