



PARENT WORKSHOP SERIES

PARENT WORKSHOPS

01.

PORN LITERACY: THINKING CRITICALLY ABOUT WHAT YOU WATCH

- Understanding the difference between real-life intimacy and staged performances
- How pornography can shape expectations about sex, pleasure, and consent
- The impact of porn on body image and relationships
- Ethical porn: what it is and why it matters

02.

THE DIGITAL DATING LANDSCAPE: NAVIGATING APPS AND ONLINE CONNECTIONS

- Overview of dating apps and how young people use them
- The benefits and risks of online dating for teens and young adults
- Recognising red flags and staying safe in digital relationships
- How to talk to your child about healthy online connections

03.

CONSENT IN THE 21ST CENTURY: MORE THAN JUST 'NO MEANS NO'

- Understanding enthusiastic consent and mutual agreement
- How digital culture (e.g., sexting, deepfakes) impacts consent
- Teaching teens to navigate peer pressure and coercion
- How parents can model and encourage respectful boundaries

04.

SEXUALITY & GENDER IN A CHANGING WORLD

- Understanding gender identity, sexual orientation, and fluidity
- How to support a child exploring their identity
- Language, pronouns, and respectful communication
- Addressing common myths and misconceptions

05.

BODY IMAGE, SELF-ESTEEM, AND SEXUAL CONFIDENCE

- How media and social platforms influence body image
- Helping your teen build confidence in their body and sexuality
- Challenging unrealistic beauty and performance standards
- Supporting body diversity and positive self-talk at home

YOU WON'T LEARN THIS AT



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06.

TALKING ABOUT PLEASURE: MOVING BEYOND FEAR-BASED SEX EDUCATION

- Why pleasure-focused education is essential for healthy sexuality
- How fear-based messages can lead to shame and misinformation
- Encouraging open, shame-free conversations about intimacy
- How to answer tough questions without awkwardness or judgment

07.

SEXTING, NUDES, AND ONLINE PRIVACY: HELPING TEENS MAKE SAFER CHOICES

- Why sexting is common among teens and young adults
- The legal, emotional, and social risks of sending explicit images
- How to teach digital literacy and online boundary-setting
- What to do if a nude is leaked and how to support your child

08.

LOVE, LUST, OR SOMETHING ELSE? HELPING TEENS UNDERSTAND RELATIONSHIPS

- Differentiating between love, infatuation, and sexual attraction
- Red and green flags in teenage relationships
- How to help your child navigate breakups and heartbreak
- Encouraging emotional resilience and self-worth in dating

09.

THE IMPACT OF SUBSTANCES ON SEXUAL CHOICES AND BOUNDARIES

- How alcohol and drugs can impact consent and decision-making
- Understanding the link between substance use and risky sexual behaviour
- Talking to teens about staying safe in party and social settings
- Strategies for harm reduction and informed choices

10.

SUPPORTING NEURODIVERSE TEENS IN SEX, DATING, AND RELATIONSHIPS

- Unique challenges neurodiverse young people face in intimacy and relationships
- How to support safe and fulfilling sexual exploration
- Teaching social cues, boundaries, and consent in an accessible way
- Creating an inclusive and understanding home environment

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