

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Sexual (including orientation): Parents and Carers

As a parent, carer, or guardian, you may have worries about a young person and their sexual behaviour, and this can be an **extremely tricky** topic to navigate.

It is important to know what is considered appropriate and what isn't, so a good starting point is to read [this article from Stop It Now](#).

If there is ever any worry about abuse or exploitation taking place- no matter how small-, then this must be immediately reported to the police, especially if the young person is under the legal age of consent.

What can I do?

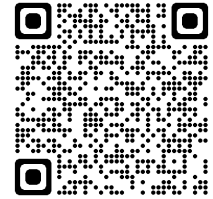
- Educate them on, and promote **healthy relationships** including consent, and how to say no when they are uncomfortable with something
- **Encourage open communication** so that they feel confident in approaching you with any worries they may have
- **Understand** that young people may experiment with their sexuality, but that this should be **both legal and consensual**
- **Talk openly** about staying safe- ie exposure to pornography, internet safety etc
- If a young person is legally and consensually sexually active, then **encourage them** to take precautions, and let them know you are a **safe person** to come to for advice

Sexual orientation?

You may be worried that a young person's mental health is being impacted by their sexuality, regardless of whether they have actively 'come out' or not.

What can I do to help them?

- Never put pressure on a young person to come out- remember that is **their choice** and they will tell you **if and when** they are ready
- Encourage **open lines of communication** at home, where **you regularly show interest** in their life & how they are doing
- Encourage them to also **talk to somebody impartial** that they trust, such as a welfare officer in school/college, or an Eye to Eye counsellor
- Encourage them to journal, blog, paint, write or take pictures of their feelings as an **emotional outlet**
- **Be aware** of derogatory/offensive language that is used and never be afraid to challenge it- let them know you are an ally.
- If you are worried about bullying, then take a look at our [Bullying information sheet here](#).



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Stop it now! Helpline (sexual abuse)

0808 1000 900

www.stopitnow.org.uk (Online chat)

FFlag Helpline (LGBT+)

0300 688 0368

www.fflag.org.uk

Young minds Parent line

0808 802 5544

www.youngminds.org.uk (online chat)

Helpful Resources

[Stop it now: Helping Parents and carers understand teenage sexual behavior](#)

[Young Minds: Supporting a young person when they come out](#)

[Strong Family Alliance: Parents Guide](#)



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