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# Parenting a #Millennial in the Age of Digital Sexuality

## Parent Best Practices

### **SOCIAL MEDIA**

- Talk about the pictures they post
- Ask how feedback makes them feel
- Help them develop a healthy self-image
- Help them stop the cycle
- Just as you do with their homework planning, help them manage it
- Set boundaries
- Discuss their authentic online and real self: are they the same?
- Friend/follow them!

### **VIDEO GAMES**

- Get them to explain the games to you
- Be aware of what *they* think the games are about
- Monitor the amount of time they play
- Be aware of what they are doing, alert to their moods, thoughts, and affection

### **SEXUAL MEDIA & PORN**

- Politicize entertainment vs. education in music lyrics, music videos, movies, and porn
- Discuss how heteronormative many partnerships are and it's impact
- Normalize exploring your own body while being critical of what they see
- Did those involved consent? How or why not?
- Seize any opportunity to make an everyday moment a sex ed conversation

### **Before you post, is it...**

True  
Helpful  
Inspiring  
Necessary  
Kind

# NOTES

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