

Dear Parents/Carers

Many parents expect that their children will come to them if they have questions about relationships and sex, but in a recent survey of WA teens, only:

felt

**confident or very confident**

to talk to their

**dads**

(or male guardians)

about sex



felt

**confident or very confident**

to talk to their

**mums**

(or female guardians)

about sex



have a high level of

**trust**

in the

**internet**

for advice

about sexual health1

have ever used the

**internet**

for advice

about sexual health

It is very important that young people (and adults) use reliable Western Australian and Australian websites to answer health questions rather than doing an internet search.



Here are some reliable Western Australian and Australian websites. This is not an exhaustive list.

[getthefacts.health.wa.gov.au](http://www.Getthefacts.health.wa.gov.au)

Get the Facts is a WA Department of Health website for 13-17 year olds. It has an ask a confidential ‘ask a question’ feature where young people can submit questions that are answered by a qualified health professional.

**Respectful relationships**

kidshelpline.com.au/teens

[theline.org.au](https://www.theline.org.au/)

**Sexual assault**

[kemh.health.wa.gov.au/SARC](https://kemh.health.wa.gov.au/SARC)

**Staying safe**

[kidshelpline.com.au/young-adults/issues/why-you-need-know-about-safe-sex](https://kidshelpline.com.au/young-adults/issues/why-you-need-know-about-safe-sex) .au/young- headspace.org.au/explore-topics/for-young-people/sex-and-sexual-health/

**Help seeking**

[kidshelpline.com.au](https://kidshelpline.com.au/teens)

**Legal issues**

resources.legalaid.wa.gov.au/project/rulegal/packs/sex-consent/consent

yla.org.au