



Teaching kids to have strong, safe, and healthy relationships

Yarning Quiet Ways



Acknowledgement of Country

We acknowledge the Traditional Custodians of the lands and waters across New South Wales, where this resource was created and where it will be shared.

We pay our deep respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples, families, and communities.

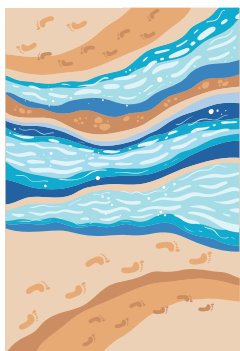
We honour the knowledge, care, and connection that Aboriginal people have maintained with Country, kin, culture, and children for countless generations.

This resource has been shaped by the voices of mob and is grounded in the strength, resilience, and wisdom of our communities.

A Special Thank You

We thank the parents, carers, workers, and all mob across NSW who participated in the direction, implementation and vision of the *Yarning Quiet Ways* resource. Your time, knowledge, and experiences shared have contributed to making this resource part of your own stories and health journey with your kids, families, and community.

This resource is an adapted version of *Yarning Quiet Ways* (2015) by the Western Australia Department of Health, with permission. We thank WA Health for creating a culturally safe, community-led resource that supports Aboriginal families. Their work forms the foundation for this NSW edition, which has been respectfully tailored to local voices and needs. We honour and appreciate the original spirit of this important resource.



Rivers Change Like Us


Artwork by Samantha Campbell, Coolamon Creative

This contemporary artwork, "*Rivers Change Like Us*" reflects the story of growing up and going through changes, just like how a river changes over time. There are adult and child footprints walking alongside the river, to show that they are not alone in their journey into adulthood, and are supported along the way.



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Introduction

Talking about relationships, bodies, and health with kids is one of the most important things parents and carers can do.

While it's not always easy, starting these conversations early helps kids make safe and healthy choices as they grow.

Sometimes, we might worry that yarning to kids about these things might give them the wrong idea or encourage them to do things before they are ready. Research shows that kids who yarn with trusted adults are more likely to make strong, safe, and healthy decisions.

If we don't have open yarns with our kids, they will find answers in other ways – online, on social media, or from friends – and that information may not be right or safe.

'What parents/carers said'

"We don't need fancy talk. We want tips we can actually use with our kids, and the words to say when we don't know how to start."

"Stories that sound like us, that our mob can see themselves in. That is what makes it feel right and respectful."

What Is This Resource About?

This resource helps families yarn about:

- * being the boss of their bodies
- * changes during puberty
- * respectful relationships
- * staying healthy and learning about reproductive and sexual health topics
- * resources and further supports on identity and sexuality
- * understanding laws about sex and relationships
- * managing challenges like sexting, pornography, and online safety.

Every person's body is unique. The information in Yarning Quiet Ways is for everyone. Some people may be intersex, and their bodies can be different from others. Some people in community may be transgender or non-binary, and this is OK too. There will be something valuable and helpful in this resource for everyone, wherever they are on life's journey.

The *Yarning Quiet Ways – NSW Edition* supports Aboriginal families across NSW to have these conversations in a way that feels natural and meaningful. It includes practical tips and stories to guide parents and carers through different stages of childhood and adolescence.

A Culturally Inclusive Approach

We celebrate the diversity of Aboriginal cultures and experiences across NSW by including:

- * artwork and imagery created by Aboriginal artists
- * stories and tips grounded in the experiences of Aboriginal families
- * representation of different skin tones, hair types, body shapes, lived experiences, and abilities.

Breaking Down “Shame”

Sometimes we feel “shame” when talking about these topics. Remember, yarning is about connection and trust. Take small steps and learn together with your kids.

Shame can feel like an off feeling in the pit of our stomachs. Some might feel at fault for things outside of their control.

By noticing these feelings and sharing them with others, we can take more pride in looking after ourselves and each other earlier on. This resource is here to help you get started.

Sometimes talking about shame or the topics in this resource can be emotional or challenging. If you need to talk to someone, [13YARN](#) is available for mob.

How to Use This Resource

This resource is split into different sections that follow the stages of a person's life, from birth through to older age:

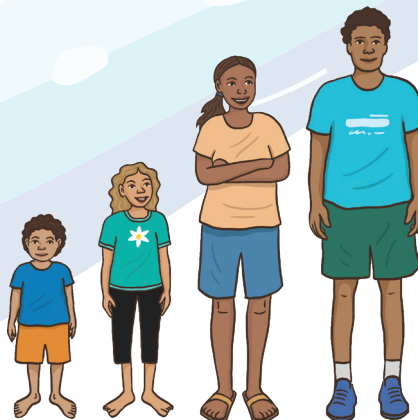
Little Ones (0–5 years)

Bigger Ones (5–9 years)

Pre-Teens (9–12 years)

Teenagers (13+ years)

Additional Supports for LGBTQASB+ mob



Each section includes practical tips and examples to help make these topics part of everyday life—whether it's over a meal, in the car, or walking on Country.

What to Talk About When?

Yarning Quiet Ways can help you have simple yarns with kids and teens about their bodies. These chats can happen anytime and keep going as they grow.

On pages 7 and 8 there are helpful checklists about what kids should know at different ages as they grow up. While most people experience new concepts at typical developmental levels, some may benefit from going back over earlier topics at older ages.

What to Talk About When

Little ones 0–5 years	Bigger ones 5–9 years
Naming body parts using correct words. E.g. breasts, penis, vulva, vagina, anus	Respect for others' bodies and boundaries
Understanding body autonomy ("being the boss of your body"). Saying 'yes' to wanted things and 'no' to unwanted things	Consent and boundaries (in friendships and early relationships)
Asking permission before touching (hugging, kissing, etc.) Safe vs. unsafe touch	Discussing healthy and respectful relationships
Understanding public vs private behaviours. E.g. Undressing in a bedroom for privacy.	Teaching them when it's okay to talk about private stuff, and not to comment on others' bodies. Curiosity about bodies is normal.
Learning about basic hygiene	Learning about gender identity and sexual diversity. E.g. understanding the different ways people identify and express their gender, as well as the wide range of sexual orientations people may have.
Naming feelings (happy, sad, scared, etc.)	Building confidence to say "no" in peer-to-peer settings like school or special interest activities.
Learning that everyone is different. People may express their gender in their own way and may be attracted to different genders.	Further understanding public vs private behaviours
Identifying different types of relationships (parent, cousin, sibling, teacher, doctor), how they fit in a child's life, and understanding their roles and boundaries.	Recognising safe vs unsafe situations
Identifying safe adults to talk to	Early puberty changes (e.g. body hair, body odour)
How babies are made (simple explanations)	Basic introduction to periods – what they are and when to expect them

What to Talk About When

Pre-teens 9–12 years	Teenagers 13+ years
Puberty (physical, emotional and social changes)	Healthy and unhealthy relationships
Consent and boundaries (in friendships and early relationships)	Sexual health (STIs, contraception, pregnancy)
Online safety basics (what to share/not share)	Consent, communication, and respect in intimate relationships
Introduction to relationships and attraction	Sexting and legal consequences
Dealing with peer pressure	Online safety and pornography myths
How to seek help or advice	Gender and sexual identity, inclusive support
Understanding media and body image	Mental health, stress, and coping strategies





Tips with Little Ones (0-5 years)

The early years are a good time to talk about bodies and safety. Kids are naturally curious. They might look at or touch their body, including their private parts.

As they grow, they might ask:

- * “Where do babies come from?”
- * “What is this body part for?”

These are good chances to check in.

Here are some simple ways to build trust and help kids feel safe:

- * Use everyday moments to start conversations, like playing, walking, or reading together.
- * Keep it simple and age-appropriate. Answer only what they ask. Or ask more questions to find out what they know and where the question is coming from.
- * Use visual learning tools, like an educational age-appropriate video or a story book.
- * Use the correct names for body parts to build understanding and confidence. This also helps to keep kids safe.
- * Reinforce body rules. That kids are the “boss of their bodies” and can say “no” to unwanted touches.
- * Reassure them that it’s always okay to ask questions or tell a trusted adult if something feels wrong, uncertain or strange.
- * Use everyday routines (bath time, handwashing) to teach gentle cleaning of body parts, e.g., **“We wash our hands after playing to keep germs away!”**
- * Name emotions during play or stories, e.g., **“Are you feeling happy/sad/scared? It’s okay to feel that way.”** Pair with facial expressions or toys to make it fun.

A Yarning Story about how babies are made

Mia (4): "Aunty, where do babies come from?"

Aunty Leanne: "Babies can grow inside the body in what's called a uterus. You need sperm which come from testicles and an ovum, which is a tiny egg from the ovaries. These are parts of a person's body."

A Yarning Story about Body Rules

Aunty Leanne: "Mia, did you know, you're the boss of your body? It means no one should touch you if you don't want them to."

Mia: "Like who?"

Aunty Leanne: "Anyone. If someone asks for a hug and you don't want one, you can say no. If anyone asks to touch your private body parts, say no and then tell me, Mum, or a grown-up you trust. Do you know what your private body parts are?"

Mia: "I'm not sure."

Aunty Leanne: "Private parts are the bottom, vulva, vagina, penis and mouth. Everyone has private parts."

While not all children will fully understand words about bodies or how babies are made, many aged 3–5 can begin to engage with these ideas when they're explained gently and with care. The goal is to support adults to use confident, age-appropriate language, not to expect children to remember or understand everything straight away. These conversations are designed to be ongoing throughout a child's life.

Further Support and Resources

Deadly Tots App – Supporting early childhood development and family connection.

Aboriginal Early Childhood Services (AECG) – Local Aboriginal education programs.

Books: Everyone's Got a Bottom by Tess Rowley (Mob-friendly and widely used).

Kids Helpline: 1800 55 1800 – Parents can call for guidance too.



Tips with Bigger Ones (5-9 years)

As kids grow, they notice the world around them – including their own bodies, relationships, and what they see online.

During this stage, some kids will start puberty. Their bodies might start to change.

They might:

- * touch their private parts more often
- * ask questions about babies or relationships
- * be curious about things they see online (like kissing in movies)

These changes and questions are normal.

Here are some simple ways to help your child feel safe and confident to ask questions, share their thoughts, and talk to you about growing up, their body, and relationships:

- * Use moments like fishing, walking, or driving to start natural conversations.
- * Talk about changes like puberty in a neutral, positive way to normalise them.
- * Encourage kids to ask questions and express their feelings about growing up.
- * Remind them that everyone grows at their own pace and it's okay to feel different.
- * Reinforce that they can talk to trusted adults if they feel unsure or unsafe.
- * Talk openly about kindness and respect, e.g., ***"A good friend listens and respects your 'no'—just like you respect theirs."***
- * Praise kids when they set boundaries or include others in social settings or at home.
- * Consider their online activities and teach them about online safety. Discuss online behaviours that are unsafe.
- * Give examples, such as: ***"A stranger or even a person they know is online asking for personal information or images of their body"***. Talk about how to respond and who they can speak to if this happens.

Talking About Puberty

Erections and Wet Dreams

As boys grow and their bodies change, they may notice things like getting erections or having wet dreams. This is when semen comes out of the penis during sleep.

These changes are a normal part of puberty and nothing to be ashamed of.

- * Let them know that erections can happen for lots of reasons, including when they're not thinking about anything sexual – it's just the body growing and changing.
- * Explain that wet dreams are also normal and simply a sign that the body is starting to make sperm.
- * Reassure them that it's okay to feel unsure, embarrassed, or even a bit confused, and that they haven't done anything wrong.
- * Let them know they can always talk to a trusted adult if they have questions or need support.

A Yarning Story – Puberty

Liam: "Uncle, someone at school said we'll grow hair in our armpits?"

Uncle Jack: (chuckles) "Yep! It's called puberty. Like how the river changes, our bodies change as we grow."

Liam: (thinking) "Like what?"

Uncle Jack: "You might get hair under your arms, your voice might deepen—it's just part of growing up. Changes like pubic hair or hair under the armpits happen to girls too."

Liam: "What if I don't like the changes?"

Uncle Jack: "That's okay. It can feel weird, but you can always talk to me, your big brother, or someone you trust."

Talking About Periods

Some girls may get their first period as early as 8 or 9 years old. It's important to explain what a period is in a simple, positive way. Everyone should know what a period is.

- * Use age-appropriate terms (e.g., periods, menstruation) from a young age.
- * Introduce the topic gradually – don't wait until puberty has started.
- * Talk about what to expect and how to manage periods (e.g. using pads).
- * Use everyday moments (e.g., buying pads) to start the conversation naturally.
- * Avoid awkwardness and secrecy.
- * Reassure them that it's okay to feel unsure, nervous, or have questions.
- * Let them know they can talk to a trusted adult if they need help or supplies at school or away from home.
- * Let them know it's a normal part of growing up and a sign their body is healthy and working as it should.
- * Talk to all young people, regardless of gender. Boys should understand periods too – it builds empathy and reduces stigma.
- * Share your own experiences if appropriate and if you are comfortable to do so. This can help young people feel less alone in their journey.
- * Use videos, books, or other resources to support the conversation.

"A period is a natural and healthy part of growing up for girls and people with a uterus. It's when a small amount of blood comes from the vagina, usually once a month. This is a sign that their body is maturing and getting ready to be able to have babies one day – even if that's not something they're thinking about now".



A Yarning Story – Periods

Mum: “Hey bub, can you get some pads from the bathroom for me and pop them in my bag?”

Siala: “Sure. When will I get a period?”

Mum: “You might start one sooner or later in your teens. It depends. It’s good to be prepared. That’s why I put pads in my bag.”

Siala: “What does it feel like?”

Mum: “Some people feel crampy, like a tummy ache. Some don’t feel much at all. It’s different for everyone.”

Siala: “Is it scary?”

Mum: “It can feel a bit strange at first, but it’s just part of growing up and nothing to be ashamed of.”

Siala: “What if it happens at school?”

Mum: “We can pack pads in your school bag. And you can always talk to a teacher or go to the office for help.”

Siala: “Okay, I guess I’m a bit nervous.”

Mum: “That’s normal. But you’ve got me, and we’ll get through it together.”

Further Support and Resources

Books: It’s Not the Stork! by Robie H. Harris, Welcome to Puberty and Welcome to Consent by Yumi Stynes and Dr Melissa Kang.

Health Advice: Local Aboriginal health services or Planet Puberty for puberty and growing-up resources.

Support Lines: Kids Helpline (1800 55 1800) for confidential advice.

Planet Puberty: Topics and social stories supporting parents and carers on topics about and related to puberty.

Online Resources: www.esafety.gov.au for tips on safe online behaviours.



Tips with Pre-Teens (9-12 years)

Pre-teens go through lots of changes — in their bodies, feelings, and friendships.

They might:

- * start puberty, if they haven't already (like getting body hair or periods)
- * feel strong emotions that change quickly
- * get interested in crushes, dating, or sex
- * ask tricky questions or feel shy

Practical Tips

This is a great time to keep talking. Here are some helpful tips to get you started:

Create Safe Spaces

- * Make sure your child feels comfortable asking questions and expressing their feelings without fear of judgment.
- * Let them know all feelings are valid and normal during this time.
- * Acknowledge that some information about relationships and intimacy might not relate to them until later. It is still important to start conversations sooner.

Start and Keep the Conversation Going

- * Discuss changes during puberty openly, focusing on body positivity and emotional well-being.
- * Revisit topics you may have touched on in earlier years to jog their memory and reinforce learning.
- * Encourage ongoing conversations about feelings, relationships, and self-respect.
- * Check in and chat about what they may see online or in movies, like couples being intimate.

Prepare a Period Pack

- * Have a small kit ready with pads, wipes, clean underwear, and a plastic disposal bag.
- * Keep one at home, in their school bag, and anywhere else they might need it.

Explain Physical and Emotional Changes Clearly

- * Talk about common puberty signs like growth spurts, body hair, breast development, mood swings, and periods.
- * Use age-appropriate resources like diagrams, books, or videos to support understanding.

Teach Practical Self-Care

- * Show how to use personal care products like sanitary pads, deodorant, and skincare items.
- * Encourage good hygiene habits, including regular washing and changing clothes.

Reintroduce Body Rules and Consent

- * Talk about the importance of respecting personal boundaries, including online spaces.
- * Reintroduce the concept of body rules relating to consent, empowering your child to say no and to respect others.

Talk About Healthy Relationships

- * Help your child understand what respectful friendships and relationships look like.
- * Talk about kindness, honesty, listening, and how everyone deserves to feel safe and valued.
- * Let them know it's okay to speak up if someone is making them feel uncomfortable, and to seek help sooner, no matter how big or small a concern might be.

Recognise When to Seek Help

- * Remind your child it's normal to feel confused, awkward, or overwhelmed.
- * If they experience very painful periods, persistent mood changes, or other concerns, encourage a visit to a doctor or a trusted adult.

Include All Genders

- * Talk with all children – both boys and girls about puberty, and respect to build empathy and reduce stigma.

Encourage Questions and Be Patient

- * Let your child know it's okay to ask questions anytime, even if they've asked before or feel embarrassed.
- * Keep the door open for ongoing chats.

Use Trusted Resources

- * Direct your child to reliable, age-appropriate websites and materials from trusted organisations.
- * These resources can support your conversations and provide culturally safe, clear information for your young person.

Play safe

- * Handy resources for community.



A Yarning Story

Ella: (giggles) "Your voice is all squeaky lately!"

Jayden: (laughs) "Well, you'll get a period soon!"

Ella: "Hey! Why are our bodies so weird?"

Mum: "That's puberty! Your body's just getting ready for growing up. New hair, skin changes, big feelings—it's all normal."

Ella: "It's a bit embarrassing."

Mum: "Maybe. Or is it just new? Talking about it makes it less weird too. If you ever feel unsure, you can always chat with me, dad, or your aunties or uncles."

Further Support and Resources

Strong Jarjums – NSW program offering puberty info and support for mob.

Yarning about Girls Business and Yarning about Boys Business – Family Planning Australia – Culturally safe puberty and health resources for mob.

Young Deadly Free (youngdeadlyfree.org.au) – Friendly for Aboriginal pre-teens exploring puberty and safe behaviours.

Books: The Care and Keeping of You (Mob-adapted versions if available), Respect by Aunty Fay Muir.

Headspace: Youth mental health supports with cultural safety programs.

Online Resources: www.esafety.gov.au for tips on safe online behaviours.



Tips with Teenagers (13+ years)

The teenage years are full of change. Young people are learning more about who they are, how their bodies work, and what healthy relationships look like. It's a time of growing independence, curiosity, and sometimes confusion.

They might:

- * be in a relationship or want one
- * start having sex or thinking about it
- * want to know more about STIs, contraception, and using condoms
- * worry about things like consent, peer pressure, or sexting
- * feel unsure or not want to talk

This stage can feel overwhelming, but it's also a powerful opportunity for learning and connection. Yarning often helps teens feel supported, respected, and ready to make safe choices.

Here are some ways you can support those conversations:

- * Support open conversations about identity, relationships, and sexuality, keeping it respectful and non-judgmental.
- * Discuss safe, healthy relationships, including how to handle peer pressure and what makes a relationship equal.
- * Re-introduce topics like consent, respectful communication, and explore the impact of social media and pornography on relationships.
- * Introduce sexual health topics like STIs (sexually transmissible infections), contraception (including condoms), and pregnancy options.
- * Encourage them to trust their instincts and seek help from trusted adults when needed.
- * Emphasise the importance of taking care of their mental and emotional health, as well as their physical well-being.
- * Help them get their own Medicare card when they're 15 years old.

Helping Young People Know When They're Ready for Sex

Talking to teens about sex isn't just about risks. It's also about helping them understand that sex can be safe and enjoyable when the time is right for them.

A young person might be ready when they:

- * are 16 or older
- * feel safe and emotionally prepared
- * know how to protect themselves
- * aren't feeling pressured or trying to fit in
- * aren't doing it to prove they love someone

Let them know it's okay to wait and that saying "no" is always an option.



Understanding the Law and Consent

It's important that young people understand what the law says about consent and how to recognise healthy, respectful relationships. Here are some key points to help guide these conversations:

- * In NSW, the law requires both people to be at least 16 years old and to give clear, free, and ongoing consent to any sexual activity.
- * Consent means both people feel comfortable, confident, and happy with their decision to be intimate.
- * This includes all forms of intimacy – not just sex – like touching, kissing, or other sexual behaviours.
- * Just because someone agrees to one activity doesn't mean they are agreeing to anything else.
- * Young people should know they can change their mind at any time.
- * Consent should always be a clear conversation – not something that's assumed or pressured.
- * The law protects young people from people who try to pressure, trick, or take advantage of others – especially if someone is drunk, high, or feels they can't say no.
- * Open, respectful conversations help young people make safe, strong choices when the time is right for them.

Keeping Safe and Healthy

Yarning with young people about sexual health helps them stay safe, make informed choices, and look after their bodies and wellbeing.

- * Young people need to know how to protect themselves during sexual activity.
- * Protection includes preventing pregnancy and reducing the risk of sexually transmissible infections (STIs).
- * STIs include chlamydia, syphilis, gonorrhoea, HIV, and hepatitis B.
- * STIs can be passed on through vaginal, anal, or oral sex without a condom if a partner has an infection.
- * Many STIs don't show symptoms, so regular testing is important after unprotected sex.
- * Some STIs can cause health problems but are usually easy to treat if found early.
- * List health services offering sexual health appointments in your area. (E.g., AMS, community health services, local GP clinic, medical centres, sexual health clinics).

A Yarning Story

Noah: "You okay? You seem off."

Taliah: (sighs) "It's... Ty. At the party, he was too handsy. It grossed me out."

Noah: "That's not okay. If you're not into it, he should back off."

Taliah: "But what if I hurt his feelings?"

Noah: "You can have boundaries without being mean. Be honest—and protect yourself first. If someone can't respect that, they're not worth it. Next time, grab me, we'll figure it out."

Miss B: (overhearing) "You're both great mates. Remember, you can always talk to me or another adult too."

Noah: "Thanks, Aunty. But I think we've got it."

Further Support and Resources

Take Blaktion – Online and social health campaign for Aboriginal young people.

NSW Aboriginal Safe Sex and Relationships Resources – via Play Safe or your local health service.

Yarning about STIs – Family Planning Australia.

Yarning about Contraception – Family Planning Australia.

Books: Loveability by Robert Holden, Growing Up Aboriginal in Australia (anthology).

Twenty10 – Support for LGBTQASB+ Aboriginal young people.

TheLine: Online blog exploring all kinds of advice for dating and relationships.

13YARN – For relationship support and safety advice.

1800RESPECT: For relationship support and safety advice.

MensLine Australia: For men who want to yarn better with young people about growing up, emotions, or tricky topics.

Safety.gov.au: Online safety and Sexual Development Guidance Resource.

Family Planning Australia TalkLine: for Reproductive and Sexual Health Information.

Kids Helpline – 24/7 support for mental health, relationships, or sex ed.

Play Safe – a NSW Health initiative that provides young people with clear and accessible sexual health information.



Additional Conversations for pre-teen years and teenagers

Understanding Consent and the Law

- * The age of consent in NSW is 16 for everyone for all sexual acts. This means a person must be 16 or older to legally agree to sexual activity. Refer to current legislation for other states and territories, as the age may differ.
- * The age of consent for sharing sexual images or videos is 18 for everyone in NSW. Even if someone is under 18 and gives permission, it's still against the law to share sexual content involving them.

Navigating Porn and Media Messages

- * Porn and sex: what you watch on your device is often not how sex is in real life.
- * It can give unrealistic or unhealthy expectations about bodies, consent, and respectful relationships. Having open conversations about this helps young people understand the difference.
- * Many young people are exposed to pornography at a very early age—some as young as 9 to 11 years old, often accidentally through online searches or social media. A 2023 study by the eSafety Commissioner found that over 50% of Australian children aged 14–17 had seen pornography, and about a third had seen it by age 13.

Promoting Safe, Respectful Sexual Experiences

- * Growing up and having sex can be fun, pleasurable and safe.
- * Encourage young people to think about what safe and respectful sex means to them.
- * Consider accessing sexual healthcare services for contraception, STI testing, and pregnancy support.

Supporting Identity and Gender

- * A child or young person in your care may ask questions about their sexuality and/or gender. It's important to feel confident in how you support them.
- * Be open, curious, and non-judgemental. You don't have to have all the answers—what matters most is that they feel safe and heard.
- * We've listed support organisations on page 25 that specialise in providing the best care for young LGBTQASB+ members of our communities.

Safety Online

For children, pre-teens, and teenagers using a phone or device, www.esafety.gov.au recommends the following to continue keeping our kids safe:



Start early

Talk to your kids about online safety from a young age. Keep it age-appropriate and build on it as they grow.



Set rules together

Create simple family rules for screen time, what sites they can use, and when to put devices away.



Keep the chat open

Let your kids know they can always talk to you if something online makes them feel weird, upset, or unsafe.



Use privacy settings

Help your kids use privacy settings on games, apps, and social media to protect their info.



Know what they're using

Check in on what apps, websites, and games they're using. Play or explore them together if you can.



Be kind online

Teach them to treat others online the same way they would face-to-face—with kindness and respect.



Think before sharing

Remind them to never share personal information, photos, or videos with people they don't know.



Stay calm and supportive

If something goes wrong online, stay calm. Support your child and report the issue to the eSafety Commissioner or their social media platform.



Be a role model

Kids watch what you do—so show them safe and respectful online habits.



LGBTQASB+ supports

If your young person is LGBTQASB+ or questioning, it's important they know they're not alone and there's support out there for them. Here are some safe and supportive services they can connect with for information, advice, or just to yarn with someone who understands:

Twenty10

Provides support services for LGBTQASB+ young people (ages 12–25), including housing, counselling, and social support. Culturally inclusive and safe for Aboriginal and Torres Strait Islander young people.

BLAQ Aboriginal Corporation

BlaQ Aboriginal Corporation is committed to empowering the Aboriginal and Torres Strait Islander LGBTQASB+ community through innovation, inclusion, understanding and advocacy.

QLife

1800 184 527 (3pm–midnight, every day)

National, free, anonymous peer support and referral service for LGBTQASB+ people via phone or webchat.

ACON – Pride in Health and Wellbeing

Health and wellbeing services for LGBTQASB+ people in NSW. Offers resources on HIV prevention, mental health, and inclusive care for trans and gender-diverse people.

Minus18

Youth-led organisation offering events, resources, and education for LGBTQASB+ young people and allies. Accessible Australia-wide.

PFLAG

PFLAG+ Australia is the offshoot of the global PFLAG organisation, and is driven at the grassroots level by volunteers who typically have friends and loved ones of gender diverse and non-heterosexual orientations. Educating and supporting families and allies, and advocating for the LGBTQASB+ community is part of their mission.

TransHub (by ACON)

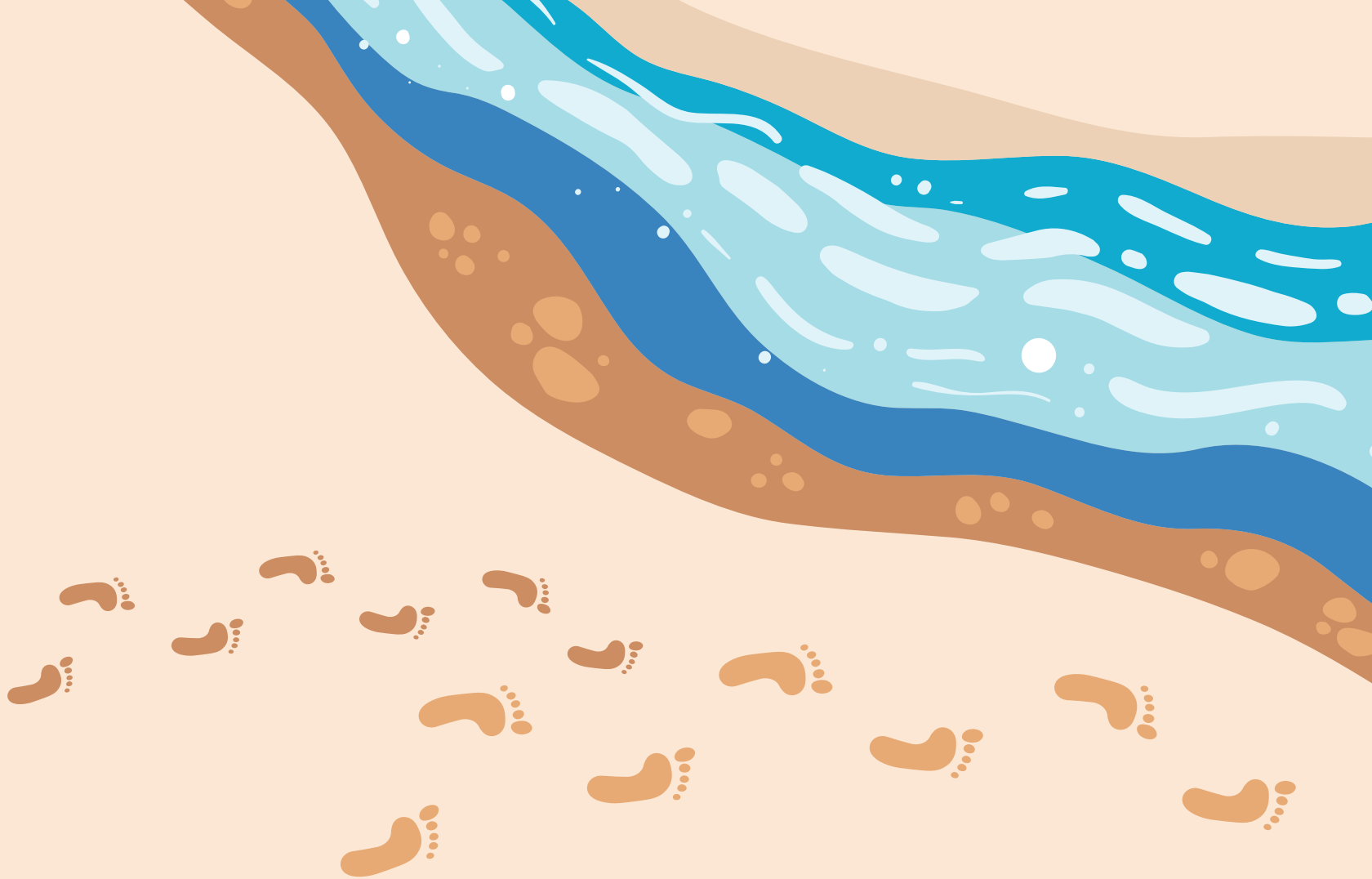
An info hub for trans and gender-diverse people in NSW, their loved ones, and health providers. Includes practical guides on identity, health, rights, and support.



Key Messages

- ★ Yarning often is an important part of building trust, understanding, and open communication between kids and their families.
- ★ *Yarning Quiet Ways* empowers families to start conversations about relationships, health, and safety in ways that are relevant to mob and easy to approach.
- ★ Through these yarning stories and practical tips, parents and carers can help children at each stage of their development make safe, healthy choices and navigate the challenges of growing up with confidence.
- ★ Remember, the most important thing is to keep talking. As kids grow, their needs and questions will change, but a strong foundation of trust and open communication will help them through each stage of life.
- ★ Yarning together will not only build knowledge but will also nurture deeper connections, understanding, and safety for all involved.





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