Supporting Young People – Guide for using this video

Name	**Talking to Young People Series: We need to talk… about relationships**
Date produced	June 2025
Brief description	Our *Talking to Young People Series* is for adults supporting young people, including parents and whānau, teachers, other professionals (e.g. youth workers) and community workers (e.g. sports coaches). The series is made up of short videos showing examples of conversations about sexuality topics between supportive adults and young people. It can be used as a learning tool for adults to build their confidence and skills to talk about these topics with the young people in their lives. Each video touches on different adults and young people in various contexts, including a teacher and a school student, a sports coach and a young person in a sports team, and a parent and a child. Each video addresses a different topic, such as condoms, consent and pornography.

Suggested reading and resources to increase your knowledge, skills and confidence

- Visit our Useful links to external organisations webpage for a list of organisations, support services and information relating to sexual wellbeing.
- Visit our website to find out more about our range of trainings, online courses and resources.
- Read our Advice pages or direct young people to them for trusted information about topics relating to sexual and reproductive health.
- Find sexual and reproductive health services across Aotearoa New Zealand.
- Contact our Health Promotion team to find out more about how we can help.

How to use these videos

These videos are **examples** of conversations between adults and young people. Whilst the approach to these conversations is based on research and best-practice principles, it's important to remember that every person, context and relationship is different! These videos have been created as a reflection and discussion tool for adults to use to consider how they might have their own conversations with the young people in their lives.

Ideas for how to use these videos: watch + discuss these videos in team meetings, with your co-parent, partner or whānau, with your colleagues, or with a young person.

Each video comes with a list of reflection questions that you can think about when watching the video and afterwards.

Click here to watch the other videos in this series.

REFLECTIVE QUESTIONS

We need to talk…about relationships
A conversation between a teacher and a student

Watch + Reflect: watch the video and think about the questions below.

- How did the teacher start the conversation with the student? What was their approach and body language like?
- How did the teacher encourage the student to talk with them? What did they say or do?
- What information and messages did the teacher give to the student?
- How did the conversation end? What did the teacher do or say to make the young person feel comfortable and assured?

Thinking about your answers to the questions above, think about a young person in your life that you would like to have conversations about relationships with.

- What did you like about the way the teacher approached the conversation?
- What didn't you like about the way the teacher approached the conversation?
- What is your role and what are your boundaries when it comes to having this conversation?
- If you were to have this conversation, how would you approach it?
- Where could you find out more information about relationships? And what would you say if you couldn't answer a question that the young person asked you?
- How would you show your young person that you're a safe adult to talk to about these topics? How would you make them feel safe to talk to you again if they had questions?
- What skills and knowledge do you think you would need to have this conversation? Is there anything you want to work on that would help you to feel more equipped?

If you are watching this video with a young person, here are some questions you could talk about to open up discussion:

- What did the adult do well / not so well? Why?
- How do they think they made the young person feel safe to talk?
- What's something adults don't understand about talking to young people about this topic?
- What stops young people from talking to trusted adults about this topic? What can trusted adults do to help change this?
- If you could give a [teacher/parent/sports coach/etc] advice on how to talk to young people about this topic, what would you say?
- Is there anything you want to know about this topic?
- Who would you talk to about this topic or where would you go if you wanted to find out more information?

Where to from here: Explore our resources, trainings and workshops to learn more about how to have these conversations with young people. A good place to start is with our *Tips for Talking: for parents and whānau* or *Tips for Talking: for kaimahi working with young people* – quick reference guides to get you started.