

Anonymous Question Box

Goal

- To educate youth and answer their questions.

Have Ready

- Question box (a decorated shoe/tissue box)
- Pieces of paper
- Pens
- Note: Can be run with a group or in a school setting where the box can be left in a common space like near the office and answered over the PA system with the announcements or answers can be posted in a common area.

Instructions

- Hand each youth a pen and paper.
- Ask youth to think of question they have on any of the topics we covered.
- Tell them to please write their question(s) down and put it in the box. Let them know they do not put their name on it.
- If they do not have a question they can just say hi but everyone needs to write something.
- Let them know when you will answer the questions in the front of **the group**. Note: It can be helpful to leave a bit of time between asking questions before answering the questions in front of the group in case you need to research, consult, or figure out some answers. Note: Inappropriate questions can arise. Teen Talk tries to turn every question, even if it might seem like a joke, into a learning opportunity and never to shame or judge the question. There may be instances where questions need to be edited so use your judgment.

Sample Answers

1. *How long should you know someone before having sex with them?*

Everyone gets to decide for themselves when they are ready. No one can decide that for you and it's different for everyone. Some people choose to wait a certain amount of time or until they are in a relationship or in love. On the other hand, some people choose to have sex with people they just met or they have known for a short while. Again, you get to decide. Being ready for sex usually means that you can use and talk about safer sex with a partner, talk about what you are and are not comfortable with, get tested for STI/HIV, and that both people feel ready and enthusiastic about having sex (not pressured).

2. *What colour should your genitals be?*

Genitals can come in different colors like skin color, and someone might find their genitals are a slightly different shade than other areas of their body. That's perfectly normal! Someone with a vagina might find that it has different shades throughout their monthly cycle. But if a person notices that their genitals are becoming red and itchy, it's a good idea to get it checked out. You can always talk to a doctor or drop by a health centre.

3. *My girlfriend is pregnant and wants to keep it. What can I do to support her?*

Probably the best thing that you can do is be there for her. Ask her what she needs to feel supported or what you can do to help. Maybe make her food or go to appointments with her if she wants that. Pregnancies can be stressful. Having a good support system when you are pregnant can make a big difference. In terms of drug and alcohol use, it's helpful to not drink when she is around and make sure you aren't encouraging her to drink. You can go to a health center to get more info about healthy pregnancies and being supportive.

4. *What does a healthy relationship look like?*

Great question! Some qualities of a healthy relationship can be found right here. You can make your own list of what you would want in a healthy relationship (communication, trust, attraction, fun, no abuse, honesty, etc.). You have a right to expect, and work on giving, a healthy relationship!