This is the first in what I hope will be a series of *Conversation Starters*. These are short recordings, where I introduce a topic, related to the sorts of things I usually cover on my blog. They're designed to get people talking about all things sex and relationships.

You might find these recordings a good place to start if you're someone who is wondering how to begin these conversations with young people- for example you're a teacher delivering RSE, or you're a parent or carer of young people.

For this first conversation starter, I'd like us to start by asking where, exactly, do we get our sex education from?

This might seem like a ridiculous question with an obvious answer. I mean, in the UK at least, it's an actual part of the school curriculum. Surely, that's where we learn about sex from - in schools.

And yes, in part - for most of us that is true. In the UK at least, most of us do learn *something* about sex in formal education. That's part of what I do in my day job - covering everything from contraception, to consent (and many, many things in between) in a classroom environment.

But from talking to young people about sex and relationships in this context, it's also very clear that they have other sources of information.