



TIPS FOR TALKING ABOUT SEX WITH YOUR TEENS

- ☑ Remember: your student wants to talk to you.
- ☑ Teens need accurate information and decision-making skills to help protect them from the pressure to have sex, unintended pregnancy, and sexually transmitted diseases.
- ☑ How do I bring up the subject of sex? Use TV, movies, books, and real-life situations such as a friend's pregnancy to begin talking about sex.
- ☑ Share your values. If you believe that a person should save having sex until marriage, say so. Explain to them why these values are important to you.
- ☑ Don't assume that if your child asks questions about sex, they are necessarily thinking about having sex.
- ☑ Be open and honest. Ask your teen what they want to know about sex.
- ☑ Talk to your teen about reasons to wait for sex. Some examples: Sexually Transmitted Diseases, Sexually Transmitted Infections, unplanned pregnancy. Remind them that they can choose to wait (abstain) even if they have had sex before. It is never too late to start over.
- ☑ Reassure your teen that not everyone is having sex and that it is okay to be a virgin. The decision to become sexually active is too important to be based on what other people think or do. More high school students in the US are currently NOT having sex.
- ☑ Give them informational reading materials or leave age-appropriate articles or books about teenage sexuality around your home. Teens will pick them up on their own and read them.
- ☑ Your first talk with your student about sex should not be your last! Talk with them on an ongoing basis. Let your teen know that you are always willing to talk about any questions or concerns they may have about sex.

"Some parents believe that talking about sex will lead teens to have sex. In fact, research shows that teens who have talked with their parents about sex are more likely to make responsible decisions about postponing sex."

– Medical Institute