



Does talking with teens about sex make a difference?

According to teens, the answer is “yes.” In national surveys conducted by The National Campaign to Prevent Teen and Unplanned Pregnancy, teens report that their parents have the greatest influence over their decisions about sex—more than friends, siblings, or the media. Most teens also say they share their parents’ values about sex, and making decisions about delaying sex would be easier if they could talk openly and honestly with their parents. CDC, November 2019

TIPS FOR TALKING ABOUT SEX WITH YOUR TEENS

- ☑ Remember: your student wants to talk to you.
- ☑ 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. Talk about the choices made in life that will help live out these values.
- ☑ 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 some of the results of having sex at an early age. Some examples: Sexually Transmitted Diseases, Sexually Transmitted Infections, unplanned pregnancy, etc. Remind them that the only way to avoid these 100% is to choose to wait (abstain).
- ☑ Statically, more high school students in the US are currently NOT having sex than are. Talk with your teen about how this knowledge might affect their decision making when it comes to their own choices about sex at an early age. Reassure them that it is never too late to start over and make different choices.
- ☑ 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.

Teens need accurate information and decision-making skills to avoid unintended consequences of having sex at an early age find out more at Check-theFacts.com