

How to Talk to Your Teen

During the teen years, children are maturing. Teenagers are beginning to wonder about new things, including sex. Your teen needs you to help them understand their feelings, thoughts, and emotions regarding sex. Educating teens on how to protect themselves from pregnancy and sexually transmitted diseases is important. Your teen wants hear from you about sexuality and relationships in a safe, non-judgmental environment.

There are many benefits in talking with your teen about sex. Studies show parents have the strongest role in their decisions. Some of the benefits of talking to your teen are...

- **Teens decide not to have sex.**
- **Teens begin to have sex at a later age.**
- **Condoms and birth control are used more often.**
- **Better communication regarding sexual boundaries.**

Discussions about sexuality can be challenging, especially during the teen years. Below we have listed some helpful links to help you engage in an open, honest, and respectful conversation with your teens about sex.

Advocates for Youth: Parents Sex Ed Center

<http://www.advocatesforyouth.org/parents-sex-ed-center-home>

American Academy of Pediatrics (AAP) Healthy Children: Teen Dating and Sex

<http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/default.aspx>

