



## 6 Tips for Talking to Your Teen about Sexuality

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1) Be honest

-Many people think that talking about sex will lead to teens having sex. Research shows that teens who have talked with their parents about sex are more likely to post-pone sex and use birth control when they do begin.

2) Don't use scare tactics! They don't work

Ex) Showing pictures of STIs only has an immediate response, but no long-term success.

3) Say, "I don't know", when you don't know the answer

-Use this opportunity to look up the information together. Teachable moment! Use this time to teach your teen how to find factual information on the internet and discuss internet safety.

4) Use "teachable moments"

-This could be a billboard you drive by, a commercial on TV, or a scene in a movie you are watching together.

5) Make it an ongoing conversation

-There shouldn't just be one "sex talk" at a specific age. These talks need to be ongoing conversations throughout your child's lifespan.

6) Lastly, no parent needs to be an expert on sexuality to have meaningful conversations with their children since every parent can share their values about sexuality, relationships, and respect for others.