

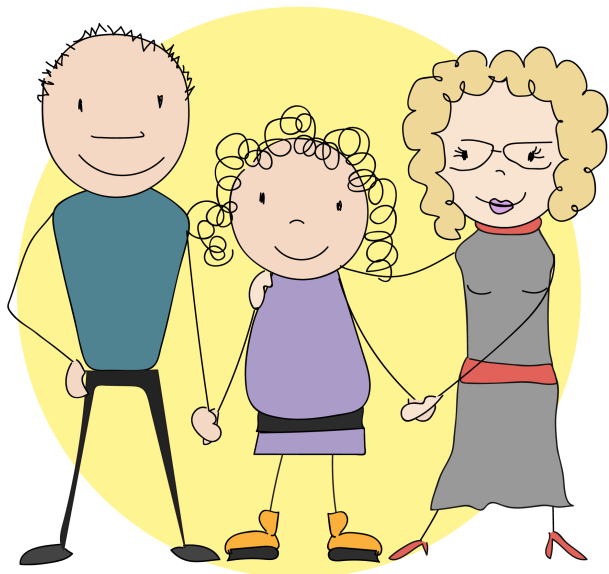
4 TIPS FOR REAL TALKS ABOUT SEX

1 Initiate Discussion

Finding the right time and place is important – without phones, siblings or other distractions. Talking while walking the dog, cooking, or riding in the car can feel less threatening. Start by asking permission.

TEEN: "I have a homework assignment that I need to talk to you about. When would be a good time today?"

PARENT: "I looked over your homework assignment. What are you most comfortable talking about?"



Empathize 2

It feels uncomfortable to talk about sex – for parents and for teens. Being honest about your feelings and using empathy creates a safe and supportive environment that is key to opening the door for these important discussions.

TEEN: "We haven't talked much about sex and I'm not sure how I feel about being forced into it."

PARENT: "I know it can feel weird to talk about sex and it's important that we have an open and trusting relationship."

3 Listen without Judgement

It is important to feel heard and not judged. Parents want to protect their teens and teens want independence. This can cause conflict, but when you ask open-ended questions and really listen, you are more likely to understand where each other is coming from.

TEEN: "What do you think about teens having sex?"

PARENT: "When do you think is the right time for two people to have sex?"



Plan Ahead 4

Discussing risky situations before they happen provides the opportunity to talk about motivations for risk reduction or avoidance and to think through ways to stay safe.

TEEN: "I don't want an STI or a baby right now."

PARENT: "How can you avoid situations that could lead to sex?"

