



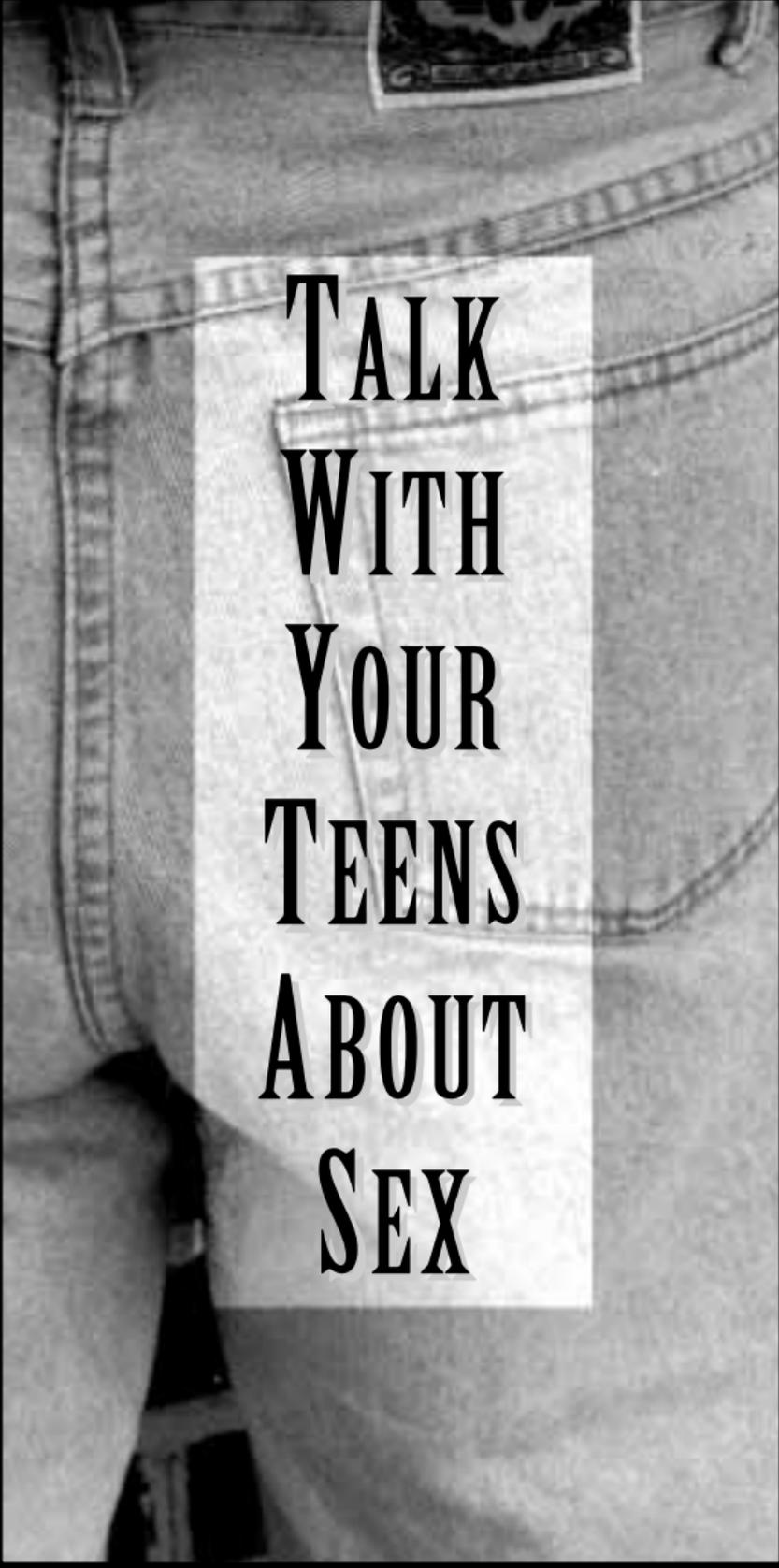
COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 276

PARENTS OF TEENS: SHOW YOU CARE

A black and white photograph of a pair of denim jeans, showing the waistband, belt loops, and a pocket. A white rectangular text box is overlaid on the center of the jeans.

TALK
WITH
YOUR
TEENS
ABOUT
SEX

PARENTS OF TEENS: SHOW YOU CARE



Talk With Your Teens About Sex

Your teens may feel confused about sex. They may be curious about the facts. They may feel pressure from peers to be sexually active. You need to help your teens set standards for what they will and will not do sexually.

One choice teens may make is not to have sex until they marry. However, no matter what they decide, your teens need to know how to avoid getting pregnant or getting someone else pregnant. You must talk to them honestly about this subject. Your teens also need to know the facts about HIV, AIDS, and other sexually transmitted diseases. They need to know how to use condoms. If you do not have the facts about sex, pregnancy, and sexually transmitted diseases, find a place where you can get information. A library or a

health clinic should be able to help you. Do this with your teens.

It may be hard for you to talk to your teens about sex. However, you make it easier for your teens to talk about it when you are open about the subject. You may feel that talking about sex makes it more likely to happen. This is not true. Talking about sex does not increase sexual activity.

Ways to Talk With Your Teens About Sex

- If you have not talked with your teens about sex, do it now.
- Talk with your teens about dating.
- Talk with your teens about the sex they see on television and in the movies.
- Help your teens ask questions about things they do not understand.
- Answer questions honestly and accurately.
- Discuss reasons for waiting to have sex.
- Tell your teens they can say no to sex.
- Talk with teens about condoms and other forms of birth control.
- Permit your teens to take sex education in school.
- Speak to your teens about using school health clinics.

Other leaflets in the *Parents of Teens: Show You Care* series are

L 269 Talk With and Listen to Your Teens

L 270 Spend Time With Your Teens

L 271 Get to Know Your Teens' Friends

L 272 Show Affection to Your Teens

L 273 Involve Teens in Family Decisions

L 274 Show Confidence in Your Teens

L 275 Help Your Teens Do What Is Right

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