

## **Helping Kids Say “No”.**

How can you keep your kids from becoming sexually active? As parents well know, you can't keep them locked in their rooms and you can't follow them around all day. In other words, you can influence your kids' lives but you can't control them. The best way to help them is to be open and honest about how you feel about sex and give them the skills to say "not me, not now" to sexual activity.

## **KEEP THE LINES OF COMMUNICATION OPEN**

If you can't talk with your child, it will be hard to influence his or her behavior.