

Pointers for Parents

Start Communicating Early

Most parents think that sex education starts when their kids are physically mature and have started dating. Ideas about healthy, respectful relationships will stick with your kids better if you start talking early on about friendships, and other kinds of relationships. Even preschoolers can understand these ideas.

Respect Privacy

Sex is a very serious subject to young people. Don't make the mistake of talking about sex or your child's relationships in front of someone else. Don't share your conversations with your child with anyone else unless you get your child's permission.

Tell Your Kids You Want Them To Abstain From Sex

Believe it or not, some parents just don't bother to tell their children that they don't want them to become sexually active. Kids are influenced by their parents' opinions.

Share Your Reasons For Not Wanting Them To Have Sex

Tell them why you think it's a good idea if they abstain from sex. Discuss the consequences of sexual activity and pregnancy. Talk about the dangers of AIDS and other sexually transmitted diseases (STDs).

Acknowledge Peer Pressure

Teens are experiencing peer pressure to become sexually active at a younger age. Don't make light of it or brush it off by merely saying, "Ignore it". The influence of peers is important in your child's life and affects self-esteem. Young teens are afraid that if they say "no" they won't be popular. By getting to know your child's friends, parents can use peer pressure in positive ways.