

# Facts Up Front

## Teens ages 13 & Up

### Talking to your teenager about sexuality.

- During the teenage years, your child will complete puberty and the physical transition from childhood to adulthood.
- Teenagers are beginning to plan for a life apart from their parents. While setting long-term goals may still be difficult for many teens, they are learning the importance of planning ahead.
- Teens may feel they are under a great deal of pressure from their friends to make certain decisions, especially about sex. Talk with your teen about setting boundaries for themselves and ways to avoid sexual pressures.
- Teens are approaching the age at which they will be able to relate to their parents as friends. However, teens need guidance and boundaries to maintain a healthy relationship with their parents.
- Completing puberty means your teenager is physically able to become a parent, but he/she is not emotionally ready for parenting.
- Talking about safe sex does not encourage your teen to be sexually active. In fact, teens report it would be easier to delay sexual activity and avoid unplanned pregnancy if they had open and honest conversations about sex with their parent.
- Most teenagers report that parents are the preferred source of information when it comes to sex, instead of friends and the media. Share your values regarding sex.
- Educate your teen about the dangers of Sexually Transmitted Infections (STI), as well as how to protect themselves.
- Teach your teenager that the only way to 100% prevent pregnancy is to remain abstinent.

#### Questions often asked by teenagers:

- What is birth control?
- How do you use a condom?
- How do I say no to sex?
- How do I know if I am ready for sex?
- Can a girl get pregnant the first time having sex?
- How do I know if I have an STI?

Recommended Reading: How To Talk with Teens about Love, Relationships & S-E-X: A Guide for Parents