

Myths & Facts about Teens and Sex

Communicate

- Teens report that parents have more influence than any other source—media, peers, boy/girlfriend—on decisions to engage in sexual activity.
- One 'big talk' isn't enough. Talk about dating/relationships/sex frequently, whenever an opportunity exists.
- Stick to the basics—repetition makes teens comfortable; varied topics aren't necessary.
- Be clear, concrete and consistent about your belief system—teens are more likely to postpone sex when their parents actively disapprove of it (supportively and lovingly).
- Begin talking about dating and relationships as young as fifth grade. Take your child's lead to have more advanced conversations through middle and high school.

Supervise tweens and teens

- Middle Schoolers can go out in groups. Enforce a family rule: No one-to-one dating until high school.
- Spend time together as a family: dinners and fun family activities mean delayed sexual activity.
- Supervise all co-ed activities throughout high school. Don't be naïve about what might be going on in your family room while you are sleeping upstairs! Don't put teens in a position where they will do something they will regret later.

Monitor Media

- Monitor all media
- Check ratings for movies, video games, music, & TV shows. Set firm rules for middle schoolers—no provocative media: don't give in to peer or other parent pressure.
- Remember it's impossible to 'undo' what's been viewed or heard.
- Watch racy shows/movies with older teens and discuss them openly.
- Monitor internet use and social sites your tween/teen uses.
- If necessary monitor cell phone use—privacy is a privilege, not a right.

Websites your teen may be viewing—be educated

www.Midwestteensexshow.com

www.Scarleteen.com