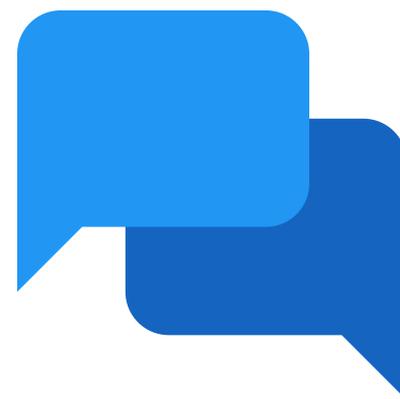


# Talking to Teens

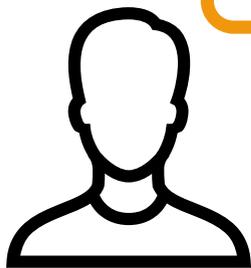
## About Dating, Sex, & Safety



### More information on sexual safety

- Explain the risks of STDs and unplanned pregnancy.
- Be detailed on contraceptive (condoms, birth control) use and access.
- Explain what consent means in relationships.

*"Say something instead of nothing!"*



### What NEBRASKA TEENS want from their parents

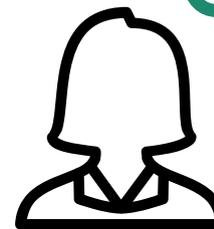
#### Avoid scare tactics and focus on relating

- Include discussions about dating, emotions, and pressures associated with sex.
- Show you care about their feelings and thoughts surrounding sex.
- Verbalize your hopes and dreams for them.
- Threats and warnings don't work.

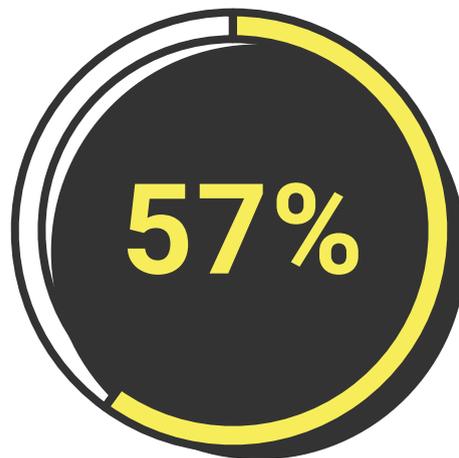
### Keep an open and nonjudgmental environment

- Make it a two-way conversation.
- Allow them to ask questions.
- Make it more than a one-time conversation.
- Be honest.

*"I care what you think."*



OMAHA: Highest STD Rates in the USA.



Of Nebraskan teens have sex before graduating from high school.

*"I know it will be a little awkward, but talk to me anyways."*

Jordan, age 16

16

Average age Nebraskan teens are having sex for the first time.



# TIPS

## FOR TALKING TO YOUR TEEN ABOUT SEX.



Saying nothing about sex is still communicating and may lead your teen to think you don't care.



If your teen perceives you as an effective communicator he/she is more likely to listen to you as a credible source. Be confident, prepared, and honest.



Start early and create an ongoing dialogue.



Be prepared for questions about sex-related topics and answer them truthfully. It's okay to not know an answer. Just let them know you will look into it and get back to them.

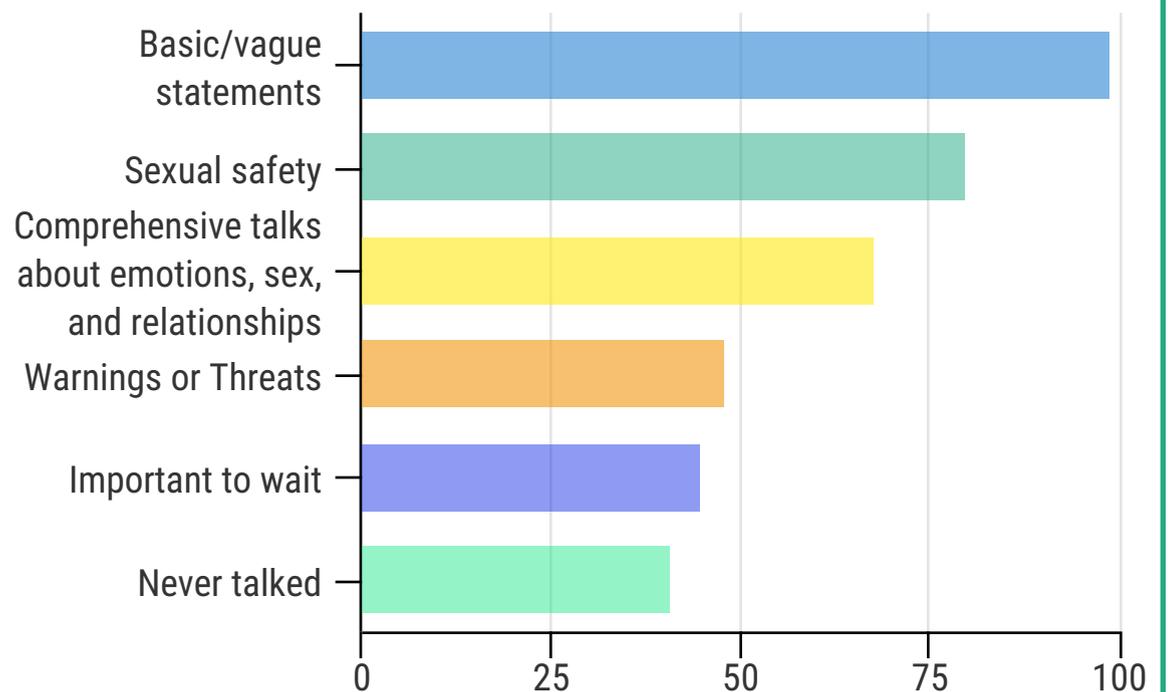


Facts and information surrounding sexual safety matter. Be detailed when providing guidance.

**LET'S CHANGE THE TALK**

For more information check out:  
**Letschangethetalk.org**

### Types of Communication Teens Report with Parents:



LET'S CHANGE THE TALK

## Talking to Teens

About Dating, Sex, & Safety



Sources:

\*Holman, A. (2014). How adolescents perceive their parents communication about sex: Towards reducing adolescents' sexual risk (Doctoral dissertation). Retrieved from <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1029&context=commstuddiss>

\*Holman, A. & Koenig Kellas, J. (2015). Adolescents perceptions of communication, relational, and family factors that relate to sexual risk. *Southern Communication Journal*, 80(5), 388-403

\*<http://www.douglascountyhealth.com>.