

How do I talk to my teenager about sex?

Talking with your teenager about sex is often an uncomfortable discussion for parents. Similarly, teenagers often avoid talking with their parents about sexual issues for fear that they may judge them or overreact. Talking to your teens about sex is an effective way of communicating your values and providing them with the resources to make safe choices. If your child has not started asking questions about sex, look for a good opportunity to bring the topic up. Discussing sexual issues that are general versus personal initially can be an easy way for parents to transition into a conversation about sexuality. Parents are encouraged to talk about sex in a way that is suitable for their children's age and development. Although it is important for children to know the biological factors associated with sex, they also need to understand the emotional aspects and medical risks involved with being intimate with someone.

During the discussion, parents are encouraged to listen to their teenager's thoughts and feelings without judgment. The more calm and rational parents remain during these conversations, the more apt your children will be to come to you in the future about personal topics. Parents are recommended to communicate their individual values and beliefs. Although their children may not adopt them, they will consider them when making choices for themselves. Relax and don't worry if you have difficulty answering some of their questions, what you know is a lot less important than how you respond.