



Tips for Talking About Safe Sex With Your Teenager

1 Start Early

Having conversations early and often with your child about bodily autonomy and consent lay a foundation of trust.

A strong foundation of trust and respect is essential in being someone your child goes to with concerns about bodies, sex, and relationships

2 Ask Questions

Try starting conversations about safe sex and contraception by asking questions about what they know and what their thoughts are

Leading with curiosity and openness can help prevent the conversation from turning into a lecture



3 Be Open

Many teens avoid talking to their parents about safe sex because they are worried about how they will react.

By demonstrating that you are calm and nonjudgemental, you increase the child's ability to feel comfortable with you

4 Don't avoid questions

If you don't know the answer to a question, don't be afraid to say that you don't know but will find out.

When someone avoids the question entirely, they sent a message to their teen that that topic is something that is bad or shameful and they will be unlikely to talk more about it



5 Connect with a provider

During check-ups, give your teen the opportunity to speak with their medical provider privately about their options for birth control, contraception, STD/STI testing, and safe sex practices

6 Connect to Values

Ask your teenager their thoughts on healthy relationships dynamics and the type of interactions and relationships they want to have

Let your teenager know that safe sex and ongoing enthusiastic consent are essential to healthy relationships

