

TIPS FOR PARENTS



LET'S
TALK

**about
preventing
teen
pregnancy**



Research shows that teens want to hear from their parents about love and healthy relationships.



Begin age-appropriate conversations early and continue talking to your child often. The one big “Talk” isn’t enough to inform and educate your kids. Build a foundation of communication and trust at early ages.



Be honest and open. If you don’t have all the answers, that’s okay. Find out the information together by reading books and reviewing helpful websites. Sometimes, your children just want to listen.

TULSA EDITION



Let your kids know that healthy relationships include trust, respect, and kindness.



Be clear about your own sexual values and attitudes. Be sure to share these values with your children.



Establish rules, curfew, standards of expected behavior, and respectful communication.



Help your teenager explore options for the future. Help them set meaningful goals for the future, and talk to them about what it takes to make future plans come true.



Take advantage of everyday moments to talk to your kids about sex and healthy relationships. Know what your kids are watching, reading, and listening to. The media is chock full of conversation-starting messages about love and sex.



Help your teenager think of key features and attributes they want in a significant other and in a relationship. Take time to talk about positive relationship role models (if age appropriate). Teens want to be proud of who they are dating and feel confident introducing you to them.



Remember, when teens are able to talk with a parent or other caring adult about sex, they are less likely to engage in early and/or unprotected sex.



it's OK to talk about it.

For more information, tips, and book suggestions to get talking visit

www.tulsacampaign.org/parents