

10 TIPS FOR PARENTS

- 1. Be clear about your own sexual values and attitudes.**
 - Do you think teens should be sexually active?
 - Do you have some experiences to share with your teen?
- 2. Talk with your children early and often about sex.**
 - Use teachable moments.
 - Don't lecture. Make it a two-way conversation.
 - Don't have just "The Talk."
- 3. Supervise and monitor your children and adolescents.**
 - Have established expectations of behavior.
 - Set rules and curfews.
 - Know where your children are and who they are with.
- 4. Know your children's friends and their families.**
 - Talk with your children's friends' parents.
 - Express your opinions with your children's friends.
- 5. Discourage early, frequent, and steady dating. Encourage group activities.**
- 6. Take a strong stand against your daughter dating a boy more than 3 years older than she is. Don't allow your son to develop an intense relationship with a girl much younger than he is.**
- 7. Help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood.**
 - Help your teen set goals.
 - Get your teen involved in extracurricular activities like community service.
- 8. Let your kids know that you value education highly.**
 - Set high expectations for school performance.
 - Know what kind of grades your child is making and intervene if necessary.
 - Get to know your child's teachers; volunteer at the school.
- 9. Know what your kids are watching, reading, and listening to.**
 - Monitor use of the internet; set limits for TV watching, movie selections, and the music kids listen to.
 - Discuss how the media portrays sex and how this differs from your views.
- 10. These first nine tips for helping your children avoid teen pregnancy work best when they occur as part of strong, close relationships with your children that are built from an early age.**
 - Children always need their parents' guidance, support, and approval, even when teens say they don't.
 - To improve or strengthen your relationship with your child:
 - Hug, listen, show interest, attend activities,
 - Eat together and always talk, talk, talk!

Modified with permission from:
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