

# Talking With Your Parents About Sex

Decisions about sex and birth control are some of the most important decisions you will have to make! They are also some of the hardest decisions. It is *VITAL* that you have correct information. Talking with your parents is a good place to start, but it's not easy.

## **Before you start . . .**

- Remember that talking about sex doesn't mean you are having sex
- Consider which adult in your life would be easier to talk with
- Plan what you want to say
- Pick a good time of the day
  1. not when they are stressed or likely to be interrupted
  2. not after an argument with them
  3. on the way home from a fun activity is often a good time
  4. Be flexible about when to bring up the subject
- Be clear in your mind about what you believe and about what you want out of the conversation
- Remember, your parents had to decide once too. Remind them of that if you need to.

## **What to Expect . . .**

- Expect to feel uncomfortable about the topic, your parent may too. It will get easier
- Expect to hear some things you don't want to hear
- Don't expect immediate approval and acceptance
- Don't expect to talk only once

## **Hints for better communication . . .**

- Use eye contact and body language that says "I care"
- Keep a sense of humor
- Tell them when you agree with them
- Give your parents time to think about what you are saying
- Let your parents know that you care about them and their opinions (even though we don't always show it)

## **Where to go for help . . .**

What can you do if you feel that it is really impossible for you to talk with your parents about sex and birth control?

- Find another respected adult with whom you can talk
- Maybe a grandparent, an aunt or uncle, an older brother or sister.
- A teacher, a school counselor, your doctor or minister.
- Or you can talk with a counselor at a family planning clinic, like Allen Women's Health.

Your decisions about sexuality and the use of birth control are important ones. You will feel best about your decisions and about yourself if you think them through carefully and seek out the guidance, help and support that you need. Your parents are a great place to start.

For more information, call Together For Youth – (319) 274-6768