Tips for parents:
RAISING A SEXUALLY HEALTHY SON OR DAUGHTER

The more accurate the information your teen has, the more sexually responsible he or she will be!

How can you help?

1. **Take the time to talk with your teen.**
   By starting early and making time for good communication, you can build trust and give them the information they need to be safe.

2. **Use accurate and mature language**
   when you talk to your teen about the body and sex. This will help teach your child that you are a good source of information, and that sex is a serious topic.

3. **Know as much as you can!**
   Explore the resources available to you and your teen in the community, on the web and through your teen’s health care provider.

4. **Know what you think about sexuality**
   and consider where your beliefs and information about sexuality came from. This will help you communicate your values to your teen.

5. **Believe your child!**
   Victims of sexual assault did not do anything wrong.

6. **Help your child get immediate medical attention.**

7. **Help your child find local resources**
   for counseling and support.

8. **Help your child decide whether or not to contact the police or other authorities.**

9. **Find someone to talk to,**
   so that your anger and fear are not directed toward your child.

10. **That no one has the right to force sex**
    on him/her for any reason.

11. **To listen to his/her partner’s thoughts**
    and limits about dating and sex. Knowing is better than assuming.

12. **To plan ahead.**
    Discuss how he/she can get out of an uncomfortable situation, such as always having money for a taxi or pay phone.

13. **To say no,**
    loudly and in public if needed, and to respect that no means no.

14. **To stay sober.**
    Alcohol and drugs can change how your child makes decisions.

15. **To avoid pressure**
    from friends and partners about dating and sex.

16. **To communicate his/her sexual limits**
    by practicing ways to talk to a date about what he/she is comfortable with.

17. **To ask questions**
    if he/she is uncertain about situations and behaviors with his/her partner.

18. **To be especially careful**
    if a date is more than one or two years older than him/her. A big age difference might make him/her more vulnerable.

19. **To always let someone know**
    where he/she will be.

20. **To trust his/her instincts.**

21. **That you trust him/her.**
    Your child will be more likely to make rational decisions if he/she knows you trust and support him/her.

If your son or daughter has been sexually assaulted

1. **Believe your child!**
2. **Do not blame your child.**
   Victims of sexual assault did not do anything wrong.
3. **Help your child get immediate medical attention.**
4. **Help your child find local resources**
   for counseling and support.
5. **Help your child decide whether or not to contact the police or other authorities.**
6. **Find someone to talk to,**
   so that your anger and fear are not directed toward your child.

Online resources
For more information about encouraging healthy attitudes and discussions with your teens visit:

- www.advocatesforyouth.org
- www.talkingwithkids.org
- www.familycommunication.org

Reproductive Health Initiative
www.SRHD.org

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