



## Tips for Raising a Sexually Healthy Son or Daughter:

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

### You can help your teen:

- 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 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 healthcare provider.
- 3 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.
- 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 Be open to questions** and to your teen's views. Remember, you may have different thoughts on certain issues, and that's okay.
- 6 Tell your teen when you do not have an answer.** You can learn together.



## Tips for Raising a Sexually Healthy Son or Daughter:

### Share with your son or daughter...

- 1 That no one has the right to force sex** on him or her for any reason.
- 2 To communicate his/her sexual limits** by practicing ways to talk to a date about what he/she is comfortable with.
- 3 To listen to their partner's thoughts** and limits about dating and sex. Knowing is better than assuming.
- 4 To ask questions** if he/she is uncertain about situations and behaviors with their partner.
- 5 To say no**, loudly and in public if needed, and to respect that no means no.
- 6 To be especially careful** if a date is more than one or two years older than him or her. A big age difference might make your child more vulnerable.
- 7 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.
- 8 To always let someone know** where he or she will be.
- 9 To stay sober.** Alcohol and drugs can change how your child makes decisions.
- 10 To trust their instincts.**
- 11 To avoid pressure** from friends about dating and sex.
- 12 That you trust him/her.** Your child will be less likely to make rash decisions if he/she knows you trust and support him/her.



## Tips for Raising a Sexually Healthy Son or Daughter:

### If your son or daughter has been sexually assaulted...

Sexual assault and abuse is any type of sexual activity that you do not agree to. It can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention. It can happen in different situations, by a stranger in an isolated place, on a date, or in the home by someone you know.

- 1 Believe your child!**
- 2 Do not blame him or her.** Victims of sexual assault did not do anything wrong.
- 3 Help them get immediate medical attention.**
- 4 Help your child find local resources for counseling and support.**
- 5 Help them 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 towards your son or daughter.

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

[www.advocatesforyouth.org/parents/index.htm](http://www.advocatesforyouth.org/parents/index.htm)

[www.kidshealth.org/teen/sexual\\_health/](http://www.kidshealth.org/teen/sexual_health/)

[www.michigan.gov/talkearly](http://www.michigan.gov/talkearly)

[www.parentactionforhealthykids.org](http://www.parentactionforhealthykids.org)

[www.talkingwithkids.org](http://www.talkingwithkids.org)

[www.teenwire.org](http://www.teenwire.org)

[www.thenationalcampaign.org](http://www.thenationalcampaign.org)