

talking to your teen about **SEX**



Nearly every parent thinks, "How do I begin?"

Here are five steps to help start the conversation:

- 1 REMEMBER.** Put yourself in your teen's place and recall how many questions you had at that age.
- 2 ORGANIZE.** Know what you want to say so you can communicate your values and expectations clearly.
- 3 PRACTICE.** Talk to a friend, make some notes or practice in front of a mirror to get your thoughts in order.
- 4 PICK YOUR SPOT.** Choose a calm, quiet time. Driving, taking a walk or doing chores together all provide opportunity.
- 5 LISTEN.** Once you start the conversation, you may find your teen has a lot to say. Hear them out and keep the door open for future discussions.

Make sure they get the most important message:
You believe in them.

Need more information?
Contact Somerset County Health Dept.
at 443-523-1790



Public Health

Prevent. Promote. Protect.

Somerset County Health Department

help your teen handle **PEER PRESSURE**

Teens get messages from all sides – TV, radio, movies, online – especially peer pressure. Help your teen reach their goal to abstain from sex by teaching them to:

- Define abstinence based on your family values
- Recognize they have a choice
- Consider the pros and cons of their situation
- Think about the consequences
- Talk with a trusted adult

THE TRUTH ABOUT STDs

The health risks associated with underage sex cannot be ignored. The CDC estimates that there are approximately 19 million new sexually transmitted disease (STD) infections each year – almost HALF of them between the ages of 15 to 24.

***Abstinence is the only
100% guarantee of protection.***

Here is a list of the most common STDs to talk about with your child:

- Chlamydia
- Gonorrhea
- Hepatitis B
- Herpes
- HIV/AIDS
- Pubic Lice (“Crabs”)
- Syphilis
- Trichomoniasis
- HPV (Human Papillomavirus)

If you suspect your child has an STD, please contact your doctor immediately.



Need help? Download the **#MUMO** app on Apple or Android and visit the “Parent” section for tips for talking with your teen.

Somerset Co. Health Dept. 443-523-1790

