## **PARENTS AND CAREGIVERS OF** Sexually Healthy Teens

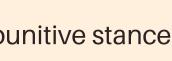
Tips for raising adolescents

- Demonstrate value, respect, acceptance, and trust in your teenager.
- Provide information and discuss sexuality with your adolescent.





Provide a supportive and safe environment



Maintain a non-punitive stance toward sexuality.



- Try to understand your teenager's point of view.
- **\*\*** Set and maintain rules and agreements for dating and other activities outside of school.
- Ask questions about friends and romantic partners.





- Remain knowledgeable and 粪 curious about sexuality.
- Seek appropriate guidance and 💥 information as needed.
  - Help your teenager plan for their future.



- Stay actively involved in your teenager's life.
- Offer to assist adolescents in accessing health care services.



