

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 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.

