



Tips for Parents:

Keep Communication Lines Open

- It's important for you to share your personal values and beliefs about sex.
- Teach kids to have refusal skills in place
- Understanding of how occurs contraception
- Identify unique opportunities to have conversations with your teen
- Sexual abuse may or may not involve touch; it can involve being exposed to information or images before you are ready to hear, see or think of those things.
- How to maintain safety and personal boundaries when chatting or meeting people online
- Strategize on how to choose quality friends, relationships and fun social experiences
- How to recognize and avoid risky social situations
- Have frequent conversations.
- Provide opportunities for conversations between your teen and health care professionals.



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Behaviors Related to Sex & Sexuality

9th Grade –
12th Grade



NATURAL & HEALTHY

Sexual experimentation between adolescents of the same age and gender is common	Self-stimulation in private is expected to continue.	Becomes preoccupied with the opposite sex.
May be influenced by peers to try risky behaviors (alcohol, tobacco, sex)	Is concerned about physical and sexual attractiveness.	

OF CONCERN

Self-injury (cutting, burning).	Inadequate personal hygiene.	Drug and alcohol abuse.
Sexual promiscuity.	Running away from home.	Depression, anxiety.
Suicide attempts.	Fear of intimacy or closeness.	Compulsive eating or dieting.
Masturbation in a public place.	Sexual interest directed toward much younger children.	

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