Strategies for Sexual Health

For Parents of Teens

- Spend time keeping your own marriage healthy.
- Encourage family involvement in a religious faith community and/or community service organization.
- Encourage healthful extracurricular activities.
- Start talking about how to avoid sexual risks at an early age and keep the conversation going.
- Communicate clearly and often your expectations that your teen avoid all sexual activity until marriage.
- Teach the benefits of waiting for sex.
- Define and explain sexual behaviors so words and sexual concepts are clearly understood.
- Teach your teen to analyze media and recognize dangerous messages.
- Teach and practice refusal skills with your teen.
- Set appropriate boundaries for dating.
- Monitor your teen’s activities and have a plan for rescue should they find themselves in a dangerous situation.