



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.

Source: Douglas A. Abbott & Joseph M. White, *Flying High: Helping Teens Choose Abstinence*, Synthesis Press, 2001