A Guide for Teens: Talking with Parents &/or Trusted Adults About Sex

**Find someone you trust**

Decide which adult you will talk to.
- This may be a parent, other family members, teacher, and/or coach. Choose an adult you trust and feel safe with.
- You may want to talk to a parent, but sometimes that’s not always an option or the best choice.
- Make sure the adult you choose to talk with is one whom you feel safe with and can trust.

**Ask if they’re willing to have the conversation.**
- This gives them a heads up that you are interested in talking. It also gives them an opportunity to assess whether they’re in a place where they can effectively talk about sex with you.
- Adults may have triggers and trauma related to sex that make it a difficult topic for them to discuss.

**Give them a heads up**

**Where to talk**

Have the conversation in a relaxed environment.
- For example: in the car, go for a walk, at dinner, etc. where neither of you feels rushed, stressed, and/or distracted.
- If it’s a first-time conversation, it may be best to schedule it for a time when both of you are available to give your full attention to the conversation.
- If you’re in a situation where the conversation needs to happen immediately, then let them know that you have something urgent and important to talk with them about.

**Give them a chance to share their perspective.**
- Ask them to share what their attitudes were about sex when they were younger vs. their attitudes now.
- This gives them the opportunity to remember that they, too, used to be a teen and remembering may make it easier for them to relate to you and better understand where you’re coming from.

**Things to think about**
**Additional Considerations:**

**General tips:**
1. Write your questions down ahead of time.
2. Have a plan: what do you want to know? / Are there any questions you have or do you want general discussion?
3. Consider personal comfort level disclosing sexual behaviors and/or thoughts.

**Conversation starters:**
4. "Can we talk about sex?"
5. "My friends were talking about … / Asking for a friend"
6. Ask specific questions ("Can someone get pregnant when they’re on their period")
7. "At school we talked/learned about …"

**Reminders:**
8. Sexuality is a normal part of life. It’s okay to have questions and want to know more about how your body works.
9. In Michigan, minors have privacy and access rights related to their sexual health! For more info visit bit.ly/Mlyouthrights
10. It’s okay if the first conversation doesn’t go as well as you hoped- sometimes people need time. You can try again another time or with a different person!