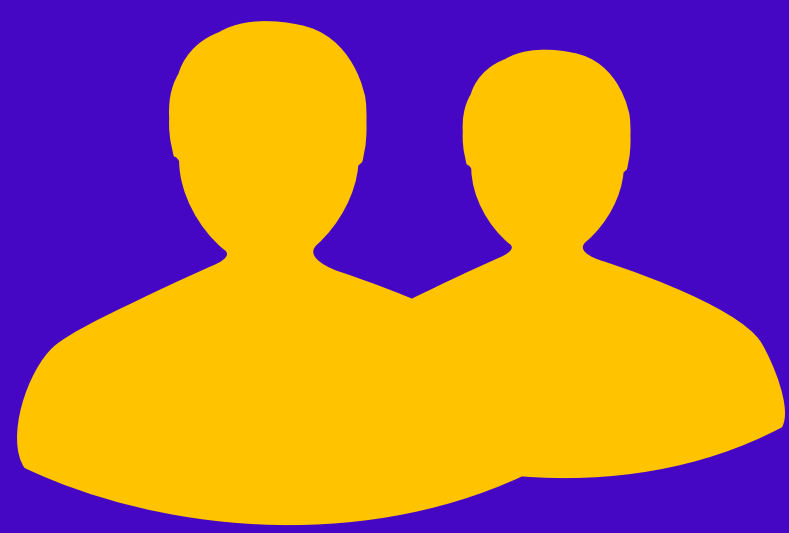


A Guide for Teens: Talking with Parents &/or Trusted Adults About Sex

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.

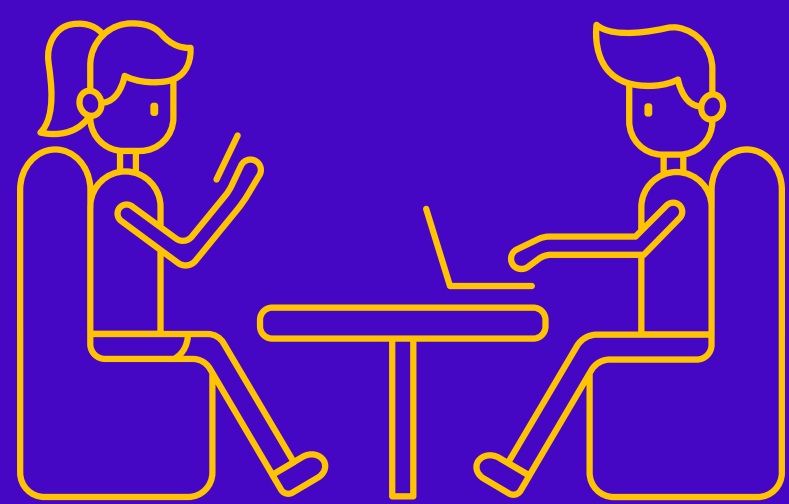
Ask if they're willing to have the conversation.

- 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:

01

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

Conversation starters:

02

- “Can we talk about sex?”
- “My friends were talking about ... / Asking for a friend”
- Ask specific questions (“Can someone get pregnant when they’re on their period?”)
- “At school we talked/learned about ...”

Reminders:

03

- Sexuality is a normal part of life. It's okay to have questions and want to know more about how your body works.
- In Michigan, minors have privacy and access rights related to their sexual health! For more info visit bit.ly/Mlyouthrights
- 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!