

Teen boys and girls say that

PARENTS HAVE MORE INFLUENCE

on the decisions they make about sex than their peers.

9 out of 10 teens say that it would be **EASIER TO WAIT** to have sex if they could talk to their parents about sex.

But **MOST PARENTS DON'T TALK** – don't have real conversations about sex with their teenage children.

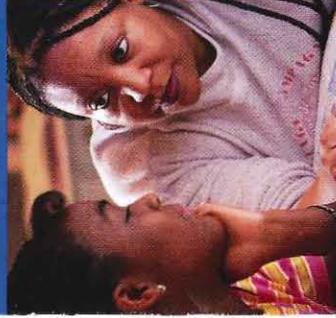
LEARN:

- **WHY** to talk with your teen.
- **HOW** to talk with your teen.
- **WHEN** to talk with your teen.

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No parent **WANTS** their teenage son or daughter to have sex.



But many parents don't know **HOW** to communicate "no, wait."



And **TEENS** want to talk with their parents about sex.

Now, there is **HELP** for parents, developed by the U.S. government.



MORE THAN 90 PERCENT of parents believe that high school students should not have sex. Yet many **PARENTS FEEL THEY ARE HELPLESS** in the face of the many different pressures encouraging teen sex. For example, 83 percent of the television programs most frequently watched by adolescents **CONTAIN SOME SEXUAL CONTENT** – an average of 6.7 sexual scenes per hour.

PARENTS MUST DO SOMETHING.

Their teens are at risk.

- Approximately 820,000 teenage girls become pregnant every year.
- Approximately 19 million new STD infections occur every year; about one-half of these are among 15 to 24-year-olds.
- Nearly 5,000 young people were diagnosed with HIV/AIDS in 2004.
- Sexual activity can be associated with harmful emotional effects, including depression and lower self-esteem, and can impact the quality of future intimate relationships.

MOST TEENS DON'T WANT TO HAVE SEX:

- More than half of all teens say that teens should not have sex.
- Nearly three out of four teens do not think it is embarrassing to say they are a virgin.
- Two-thirds of teens who have had sex wish they had waited.

But to say no, they need their parents' support.



The U.S. Department of Health and Human Services has a website and a guide that give parents specific tips for talking with their teens about abstinence, sex, and relationships.

The website, <http://www.4parents.gov>, also provides information on how to be good parents, and how to help teenagers be emotionally healthy and avoid risky behaviors like smoking and dangers on the Internet.

A parent's guide, "Parents, Speak Up!", and a companion guide for adolescents, "Teen Chat", can be downloaded at <http://www.4parents.gov> or printed copies can be ordered at 866-640-PUBS.

PARENTS MAKE A REAL DIFFERENCE.

Teens who feel "connected" to their parents are less likely to have sex. Parents who tell their teens to say no to sex are more likely to have children who wait to have sex.

What can parents do to help their teenagers

4Parents.gov is a complete resource for parents who want to help their teenagers make healthy choices. It's also a good resource for anybody who works with parents, either as a professional



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Abstract: Most parents believe that high school students should not have sex, but many parents don't know how to communicate, "No, wait," to their teens. Teens who are sexually active are at risk for pregnancy, infection with HIV/AIDS and other sexually transmitted diseases, and harmful emotional effects such as depression and low self-esteem. The U.S. Department of Health and Human Services has a website and a guide that give parents specific tips for talking with their teens about abstinence, sex, and relationships. The website, <http://www.4parents.gov>, also provides information on how to be good parents and how to help teenagers be emotionally healthy and avoid risky behaviors. A parent's guide, "Parents, Speak Up!," and a companion guide for adolescents, "Teen Chat," can be downloaded at <http://www.4parents.gov> or printed copies can be ordered at 866-640-PUBS. This color, tri-fold brochure explains the importance of talking to your teens about sex and provides information about the 4Parents.gov website and guides.

Availability: U.S. Department of Health and Human Services, Office of Population Affairs, 1101 Wootton Parkway, 7th Floor, Rockville, MD 20852; Telephone: 866-640-PUBS, Web site: www.4Parents.gov

Notes: Public Domain