



Western
Health

Talking To Teens About Sex

September 2012



Objectives:

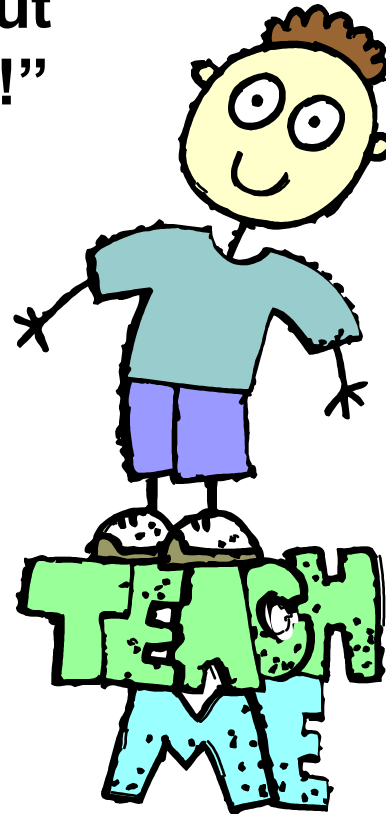


You will learn about:

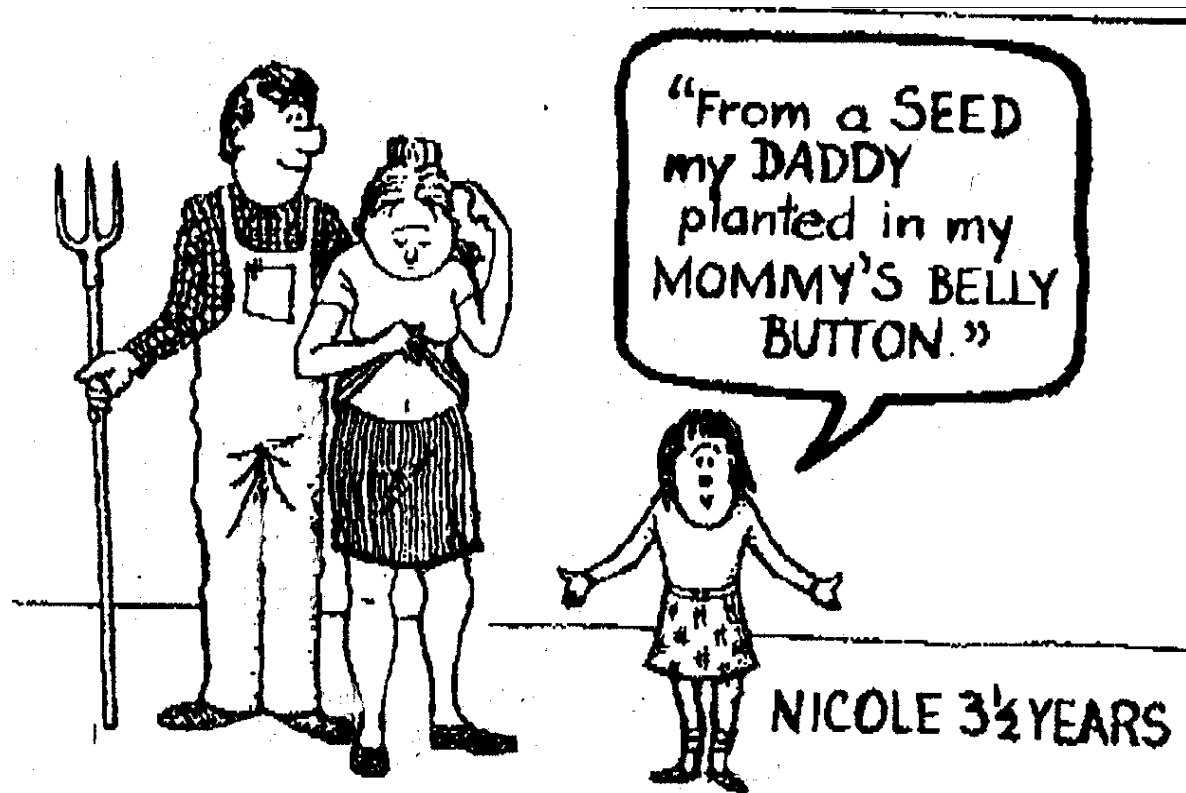
- Sexuality health and wellness .
- When to talk to teens.
- What teens need to know - safer sex.
- Tips on talking to teens about sexuality and answering their questions.

Teens and Sexuality

**“It’s funny, but it’s
harder to talk about
sex than to have it!”**



Why Do We NEED To Talk About Sexuality?



Sexual Health

Is all about:

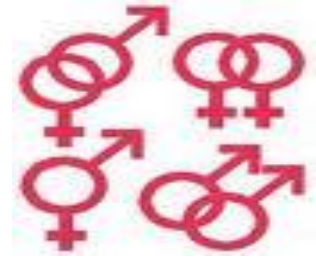
- Understanding your body and how it works.
- Making better choices about sexual activity and choosing to wait.
- Being comfortable with yourself and the decisions you make.
- Knowing what a healthy relationship is, and learning to identify and leave violent or abusive relationships.

Sexual Development

Early Teens

- Look for peer acceptance which is very important.
- Seek independence from parents because these years can be a time of conflict.
- May have sexual feelings and a desire for relationships.
- Need to understand safer sex, and the consequences of having unprotected sex (eg. STI, pregnancy).
- Sexual orientation emerges.

Sexual Orientation



- Is defined by the sex of individuals for whom we feel an attraction and affection, both physical and emotional.
- It is part of our personal identity in that it is how we perceive ourselves and how others perceive us.”



Sexual Development

Late Teens

- Become more independent and peer pressure is less important.
- Have a more mature relationship with parents.
- Have a greater commitment to dating relationships.
- Realize that there are consequences to their actions.

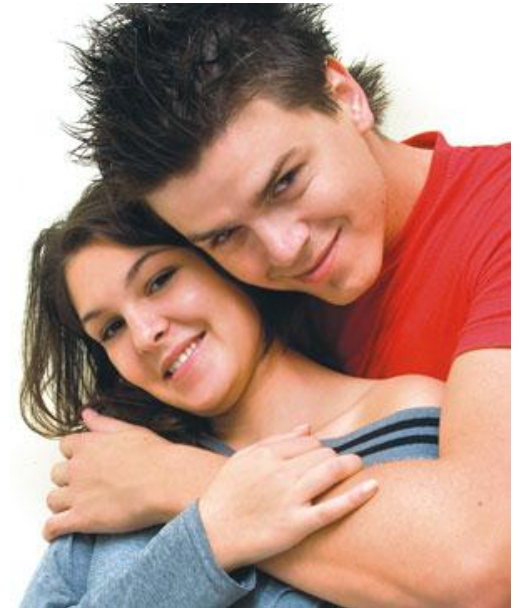
Are Teens Having Sex?

- 21% Grade 9
- 35% in Level 1
- 56% in Level 3
- 35% had unplanned sexual intercourse under the influence of drugs

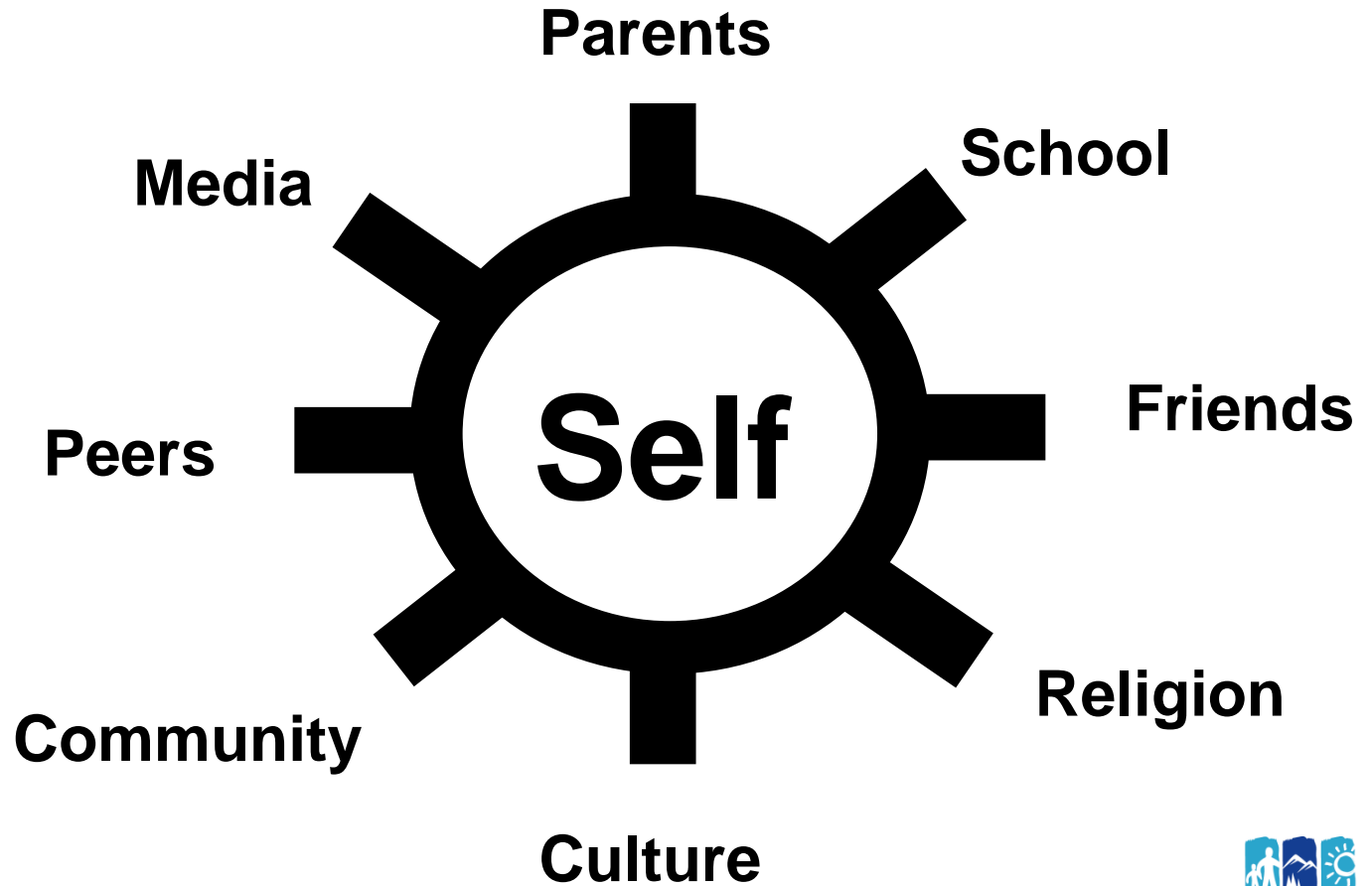


Why are teens having sex?

- To feel older
- To increase self-esteem
- For attention
- To not be lonely
- Peer pressure
- Express emotions
- Boredom
- They are sexually aroused



Factors that influence teens



Goals for Sexual Health:

- Teens to :
 - have positive self esteem
 - have respect oneself and others
 - know about safer sex:
 - know about healthy relationships
- To avoid negative outcomes:
 - unwanted pregnancy
 - sexually transmitted infections



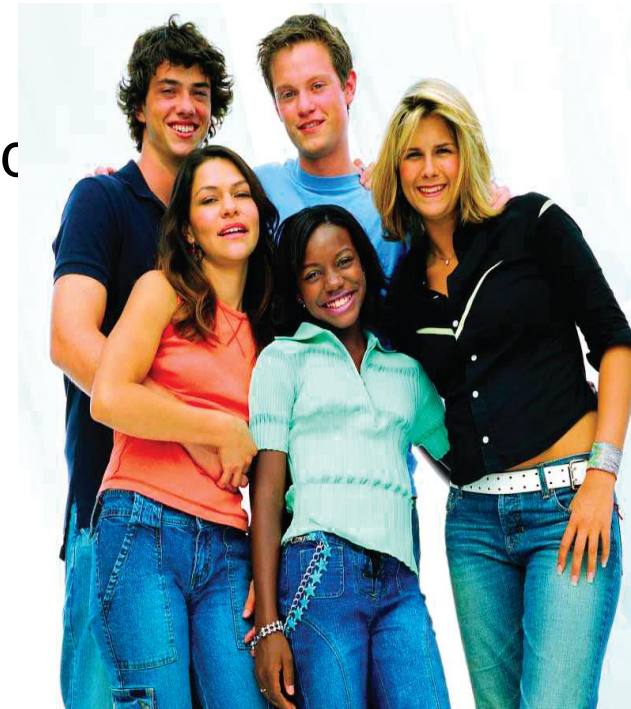
When should you talk about sex ?

- The younger the better - it is never too late.
- Many short talks are more effective than one long talk.
- Use “teachable moments” whenever they happen, such as driving in the car when teens don’t have to make eye contact.
- Don’t wait for them to ask- find a time and place to talk.



Talking About Sexuality:

- Give the facts and correct misinformation.
- Develop an open relationship that will continue until adults.
- They become comfortable talking about body parts and sexuality.
- Increase awareness of sexual abuse.



Parents/ Caregivers need to:

- Be role models.
- Be sensitive to your teens choices.
- Encourage questions;
there is no such
thing as a silly question.



Talking Tips:

- Always answer questions about sexuality.
- Teens are curious and see things around them all the time that are confusing.
- By welcoming questions, they learn that when they are confused they can come to you for correct information.



Conversation Starters:

- “Tell me what you know about that.”
- “Do you know what that words means?”
- “What do you think about...?”
- “I’m really glad you told me about that.”
- “That’s a good question.”
- “Let’s find the answer together.”

How to answer questions:

- Listen first – ask what they already know, think and feel.
- Take time to think about your answer.
- Let them know when you feel uncomfortable or embarrassed.
- If you don't know the answer, search together.
- Get informed ...

What to say?

- Give answers that are honest, short and simple.
- Answer using words they will understand.
- Be positive – avoid lectures and angry talk.
- Teach about personal space and privacy.



Useful Tips:



- Listen.
- Clarify what they really want to know before you answer.
- Keep it simple. Find out how much they already know.
- Be honest and give the facts. If you can't answer – be sure you get back to it as soon as possible.
- Let them know there's no stupid question.
- Leave the door open for follow-up.

Teens need to know:

- The facts about sexual health and healthy relationships.
- Everyone has the right to be in healthy relationships
- About “safer sex,” how to make safer choices, how to say “no.”
- How and where to get help to answer difficult questions.



Making Choices/ Sexual Options

- Abstinence
- Safer Sex



There are no second chances if you take risks!

Safer Sex:

- When there is no risk/ low risk of exchanging bodily fluids.
- Some sexual activities have higher risks of STI's or pregnancy.

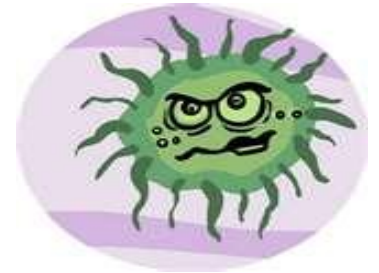


Consequences of having Sex:

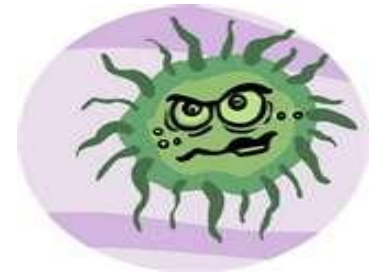
- Sexual Transmitted Infections (STI's)
- Pregnancy



STI's



- Infections spread through sexual contact when there is an exchange of blood or bodily fluid.
- It makes no difference if you are straight, gay, lesbian, bisexual, or transgender.
- Some STI's can be cured if they are found and treated.
- Other's can be treated and controlled, but are never cured.



Birth Control:



- Any method will only work if used the right way and used every time.
- Birth control will help protect from pregnancy.
- The only form of birth control that will give some protection against STI's is condoms.



Emergency Contraception:

- It prevents 3 out of 4 pregnancies.
- Plan B - can be taken up to 72 hours after unprotected intercourse or suspected failure.



All Teens:

Regardless of their sexual orientation need support and assurance that they are loved.

Need information and support to make informed decisions regarding their sexual health.

Where to go from here...

- Guidance Counselor
- School Public Health Nurse
- Health Care Provider
- AIDS Committee NL:
1-800-563-1575
- NL Sexual Health Centre:
1-877-666-9847
- Parents

