

TEENS CAN SAY NO TO SEX



Saying no to sex (abstinence) means there is no worry about sexually transmitted diseases (STD's) like syphilis, gonorrhea or AIDS. Some STD's cause pain, sterility and even death.

Sex will not make your teen more popular, more grown up or be part of the in-crowd.

How to Say "No"

Your teenager can say "No" to sex and still have friends. Here's how:

"I like you, but I'm not ready to have sex."

"I enjoy being with you, but I'm not old enough to have sex."

"I want to wait until I'm married."

As a parent, your teenager depends on you to learn about sex, love and how to get along with others.

This may be hard for you but your teenager needs to know that sex for young people is pretty risky!



Why Say No to Sex?

Sex can end in pregnancy. Ask your teen:

"Are you able to support a child on your own?"

"Are you ready to give up your school, friends and fun to care for the baby?"

"Can you handle being a single parent?"



- ◆ Young girls have more problems during pregnancy.
- ◆ Babies from young, unmarried mothers are more likely to be born with serious health problems.

There are other ways to show affection like hugging, holding and kissing.



Tips for talking

- ◆ Take the time to talk to your teen.
- ◆ Ask what your teen thinks about sex.
- ◆ Listen to their ideas.
- ◆ Take their feelings seriously.
- ◆ Do not tease them.
- ◆ Respect and trust your teen and they will do the same.
- ◆ Be there for them no matter what.
- ◆ Be honest.

Talking to your teen about sex is not easy. You may feel embarrassed. Your child may not believe you but you are showing interest in them. Your teen is worth it!

