How to have The "Talk"

The talk isn't something to be nervous about. And just remember, if you don't have the talk with your kid, someone else will. And you may not agree with what they have to say. These talking points serve as a great starting point.

1. Be clear about your expectations.
   . Adolescents engaged in sexual activities at earlier ages when they perceived parental approval of premarital sex.   (Jaccard & Dittus, 2000)

2. Talk early and often, but in age-appropriate terms.
   . If your kid is asking questions, it's because they want to know. Don't shut down conversation if you don't think they are old enough. Instead, find ways to answer their questions in a way they will understand. And use medical terms (avoid slang terms and euphemisms).

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3. Know the risks and consequences yourself.
.   Did you know that according to the CDC, almost
     half of all STD cases occur in 15- to 24-year-
     olds? And according to the Guttmacher Institute,
     3 in 10 teen girls become pregnant before
     turning 20.

4. Share the future impact.
     Again, according to the CDC, STDs can lead to
     infertility. In addition, nearly 50-percent of
     teen mothers do not go on to finish high school.
     Also, check out the role Sexual Risk Avoidance
     plays in the Success Sequence.

The talk shouldn't be a single event. It should be a
continuing conversation. Check in with your kids
early and often in order to maintain open lines of
communication. And don't think that because of
your past choices, you can't talk to your kid. It's
never a bad thing to want something better for
your children.

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There are other great resources available to you.
Be sure to check out:

The EDGE blog - https://theedgeonlife.org/blog
Axis - Https://www.axis.org
Focus on the Family "The Talk" - https://www.focusonthefamily.com/wp-content/uploads/2019/08/The-Talk.pdf
The Success Sequence - https://www.aei.org/wp-content/uploads/2017/06/IFS-MillennialSuccessSequence-Final.pdf?x88519