



# Let's Talk

## TIPS FOR TALKING WITH YOUR PARENTS ABOUT SEX AND RELATIONSHIPS

You may think that talking with your parents is going to be awkward, but it doesn't have to be.

### Ask about them.

Your parents actually may have interesting stories to tell! Ask them about what it was like when they were growing up. Did they have a girlfriend or boyfriend? What did they learn about sex from their parents? What's the craziest thing anyone ever told them about sex?

### Eye contact is not necessary.

Try talking in a car or while you're both cleaning. If you'd rather text or IM, go for it. It doesn't matter how you talk, just talk!

Your parents might be relieved if you bring it up first!

Most parents and teens talk to each other about sex and relationships.

### Try using a TV show or video to get the conversation started.

Ask your parents what they think about the characters' relationships or hooking up. Once you get talking about the characters, it will be easier to ask them questions about you.

### Keep things calm.

Ask your parents not to jump to conclusions just because you're asking questions. Tell them that you're curious, and even if you're not going to use the information right away, you want to know what they think and to get their advice.

