

# Safe Sex & Teens

*This is a starting place for teens to learn about sexuality issues. It is about how to Talk About Sex...and to help yourself as a young person feel good and stay healthy. It is all about making and keeping choices true to yourself. Yes, sex is something we need to talk about before we actually do something about it! These tips for talking about sexuality can help:*

*Tip One. Take full responsibility for your choices.*

*Tip Two. Use a good decision making tool, like \*STAR\*: Stop, Think, Act and Respond. It will help you decide what to do next.*

*Tip Three. Practice what you want to say with a relative, close friend, or a trusted adult, or practice in a mirror.*

*Tip Four. Be clear about your goals and aim your expectations high. At the same time always set realistic limits for yourself.*

*Tip Five. When talking to a possible sexual partner, speak clearly, be direct and firm. Say things like, "I feel upset when you act that way and pressure me into doing something I do not feel ready to do with you."*

*Tip Six. Talk with a possible sexual partner about your sexual limits and protection beforehand. It is a lot harder to talk about it in the "heat of the moment" than before you start.*

*Back side.....*

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*Tip Seven. Begin talking about sexuality in a neutral place, not the bedroom or in the car on a date.*

*Tip Eight. Use entertainment to help talk about sexuality. Television shows, music videos, popular songs, books and magazines are a good way to begin to talk about sexuality with a friend, or even a parent, or the possible dating partner.*

*Tip Nine. Be a good listener. Let the other person speak without interrupting them. Ask questions if you don't understand what he or she is saying. Be sure to respond when they are done talking.*

*Tip Ten. Be a good communicator. Be clear about your feeling and limits, try to understand the other person's point of view, work together to solve differences.*

*Tip Eleven. Avoid communication breakdown. Try not to yell, or call people names. Stay away from negative feedback like frowning or interrupting.*

*Tip Twelve. Avoid alcohol/drugs. It is hard enough to talk about sex as a teen. Being drunk or drug use only makes it harder and may keep you from making healthy choices for yourself.*

**TIP OF THE DAY:** *Get the information you need to communicate about sexuality. It is important to talk about sexuality because you are worth it! Your life is worth it! Remember, if you do not feel ready to express your sexuality, don't do it!!!!*

*This Safe Sex information is brought to you by Housing Rights, Inc. and material researched from <http://www.familiesaretalking.org>*