



**LiFT**

adult guide

# adult guide

## Is it ever hard to connect with your teen about values and making healthy choices?

During LiFT, you'll think about how to share family values, strengthen family bonds, and talk about the tough stuff – healthy relationships and sexual health – with your teen.

This guide belongs to YOU. It has activities and information that you will use during the program and once you get home to build connection and support your teen to achieve their goals and make healthy choices.

This book belongs to:

name \_\_\_\_\_

pronouns she/her | he/him | they/them

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## ask me!

During LiFT, we will be talking about how to connect with your teen.  
Let's get started!

**Pick 3 of these questions** and discuss them with the person you came with.  
You can take turns asking and answering questions, or you can both answer the same questions.

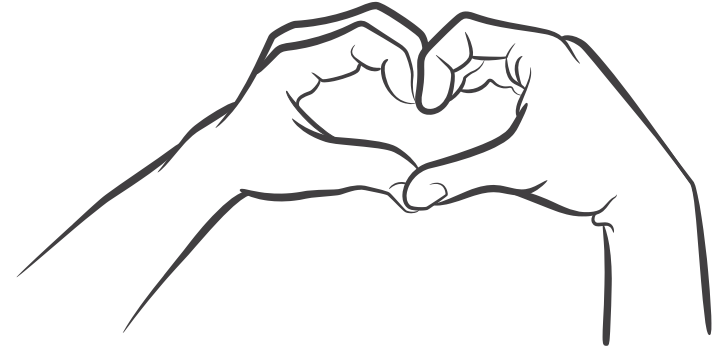
- ☐ What is one thing you are looking forward to in the next year?
- ☐ How have you changed in the last year?
- ☐ How can I be there for you when you need me?
- ☐ What do you like best about yourself right now?
- ☐ What does "healthy" mean to you, and what are ways you want to be healthy?
- ☐ What do you wish we did more often?
- ☐ What makes someone a good friend?
- ☐ How can an adult and young person show respect toward each other?
- ☐ Describe a time when something did not go your way. How did you get through it?
- ☐ Do you think you may want a family when you are older? What will it look like?
- ☐ What kinds of things do you know about planning a pregnancy?
- ☐ Who is someone you could go to for help or to ask more questions?
- ☐ If you were in trouble, scared, or feeling upset, what is something I could do for you?
- ☐ What is one thing you like about being the age you are now?
- ☐ Can you describe something you did recently that helped someone else?
- ☐ Who is someone you admire and why?
- ☐ What are you thankful for?

## SUPPORTIVE ADULT\*- CHILD CONNECTION: connection + sexuality

\*Supportive adult means an important adult in your teen's life. This could be a parent, grandparent, foster parent, aunt or uncle, older sibling or cousin, etc. It's likely you!

Supportive Adult-Child **Connection** is a positive, ongoing, emotional bond between family members.<sup>1</sup> This means there are feelings of safety and warmth underneath the conflicts, fights, disagreements, and frustrations that are a natural part of all families.

**Sexuality** is more than just sex. It includes: your body and how you feel about your body, your relationships, your gender identity, who you are sexually and/or romantically attracted to, your values about all of these things, and your sexual behaviors.<sup>2</sup>



### A STRONG SUPPORTIVE ADULT - CHILD CONNECTION CAN HELP TEENS...

- ✓ Wait longer to start having sex
- ✓ Use birth control if they are sexually active
- ✓ Use condoms consistently and confidently if they are sexually active
- ✓ Improve school achievement
- ✓ Lower the chance of an unwanted pregnancy
- ✓ Lower the risk of HIV and STD infection
- ✓ Lower the chance that teens will use drugs
- ✓ Help teens stay away from violence

1 ETR Associates. (2004). Parent-child connectedness: Implications for research, interventions, and positive impacts on adolescent health. Scotts Valley, CA: Lezin, N., Roller, L.A., Bean, S., et al.

2 Planned Parenthood Federation of America (PPFA)

# the teen brain

The teen brain can do amazing things! It is great at creative thinking, building strong relationships, trying new things, and having a zest for life.

Understanding why teens make some of the decisions they do can help you have **Tough Talks** and support their healthy decisions.

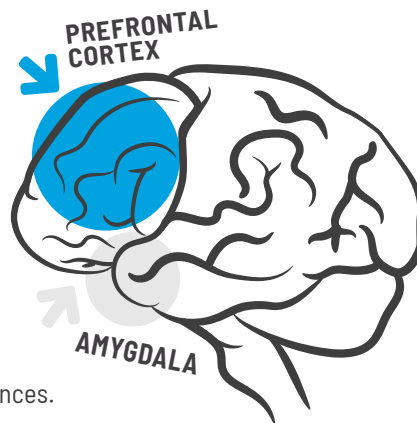
## MIDDLE OF THE BRAIN (ALSO KNOWN AS THE AMYGDALA)

- ✓ First part of the brain to be fully developed.
- ✓ In charge of feelings, emotions, and emotional behavior.
- ✓ Decides – based on emotion – how to act or what to say.
- ✓ Causes teens to behave based on what emotion they are feeling, instead of thinking through the impact of that decision.

## FRONT OF THE BRAIN

(ALSO KNOWN AS THE PREFRONTAL CORTEX)

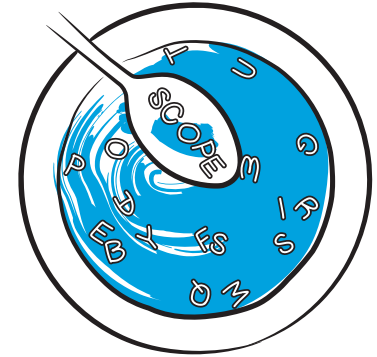
- ✓ Last part of the brain to be fully developed. It's still developing after we are 25 years old!
- ✓ In charge of self-control, guiding emotions, setting goals, using judgement, and thinking through consequences.
- ✓ Helps control behavior and uses pros and cons to make decisions.
- ✓ Teens need to practice using the front of their brain to help it grow and develop, as well as to be able to think through decisions carefully.



## SUPPORTIVE ADULT - CHILD CONNECTION: ingredients

### SCOPE:

- \* SUPPORT
- \* COMMUNICATION
- \* OPENNESS
- \* PROTECTION
- \* ENCOURAGEMENT



## ⚡ SUPPORT

I will help you reach your goals and grow into the person you want to be.

## 💬 COMMUNICATION

I will express my feelings and ideas with my words and actions, and listen as you express yourself.

## 🍃 OPENNESS

I will hear your voice, take you seriously, and respect your needs, thoughts, and opinions.

## 🛡️ PROTECTION

I will hold you responsible to appropriate boundaries and enforce rules consistently because I want to keep you safe.

## 😊 ENCOURAGEMENT

I will show warmth, give you my time, and dream of new possibilities for your future.

# SCOPE tips + tricks

## ⚡ SUPPORT

I will help you reach your goals and grow into the person you want to be.

### MAKE TIME TOGETHER

In everyone's busy lives, it can be difficult to do fun activities and to devote one-on-one time to each other, so it's important that we schedule time together. Put it in your phones or on a calendar on the fridge. Most importantly, make sure to actually use that time!

### RECOGNIZE THEIR NEED FOR INDEPENDENCE

As teens get older, they need to practice making decisions on their own. They may pull away from you as they are learning how to function as an adult.

### TRY TO SEE YOUR TEEN'S POINT OF VIEW

Remember what it felt like to be a teen and put yourself in their shoes.

### CREATE FAMILY TRADITIONS

These create a sense of belonging. Traditions can be small, such as getting balloons for each other's birthdays, or large, such as going to church as a family each week. What traditions does your family already have? It's never too late to start new ones! Better yet – ask your teen for their ideas.

### DISCOVER AND FOSTER YOUR TEEN'S SPARK

How can adults foster a teen's spark? Encourage them to try something new. Ask open-ended questions. Listen. Teach them, learn together, or sign them up for a class. Challenge them to grow. Show appreciation and give compliments. Ask for them to show or explain their spark to you. Show that you're interested. Attend games, activities, or concerts.

Adapted from the Search Institute: [www.search-institute.org/our-research/youth-development-research/sparks-and-thriving/](http://www.search-institute.org/our-research/youth-development-research/sparks-and-thriving/)

## FOSTER YOUR TEEN'S



# SPARK

It's a special quality, skill, or interest that lights up your teen and gives them joy and energy.

A spark could be animals, nature, being around kids, computers, music, friends, sports, or volunteering, just to name a few! Want to help your teen find and develop their spark? Use this map to help support your teen!



### WHAT IS YOUR TEEN'S SPARK?

### WHEN & WHERE DOES YOUR TEEN LIVE THEIR SPARK?

### WHO KNOWS YOUR TEEN'S SPARK?

### WHO OR WHAT HELPS FEED YOUR TEEN'S SPARK?



### WHAT GETS IN THE WAY?

### HOW WILL YOUR TEEN USE THEIR SPARK TO MAKE OUR WORLD BETTER?

### HOW CAN YOU HELP?

Ask your teen these questions to show that you support their spark!

# SCOPE tips + tricks

## COMMUNICATION

I will express my feelings and ideas with my words and actions, and listen as you express yourself.

### BE AN ACTIVE LISTENER

- ✓ Give your teen your full attention.
- ✓ Talk with your teen, instead of talking at them or to them. Try not to interrupt.
- ✓ Avoid questions that break your teen's train of thought.
- ✓ Don't think about what you'll say next, but focus on what your teen is saying right now.
- ✓ Look at your teen so they will know they are being heard and understood.
- ✓ Show your teen you are interested with body language, like nodding your head and making eye contact.

### LET YOUR TEEN LEAD

Sometimes your teen may want to talk, and sometimes they may be more quiet. Follow your teen's lead, making sure they know you are there when they are ready to start the conversation. Give your teen your full attention.

### SHARE YOUR OWN THOUGHTS AND FEELINGS TOO

Make sure it's not a one-way street. After giving them the chance to lead the conversation, make sure to share your thoughts and feelings. Instead of just asking them: "how did your day go?"

share what made you excited, what you learned, what made you laugh, or what frustrated you in your day.

### TALK OFTEN

Whether it's an actual conversation, leaving notes for each other on the fridge, sending a text or two each day, doing favors for each other, or sharing a hug, make sure to leave the lines of communication open.

### BE CLEAR WITH YOUR MESSAGES ABOUT VALUES AND RISK BEHAVIORS

Staying silent or making jokes may give the wrong idea about important messages you want your teen to know and understand.

### LOOK FOR EVERYDAY MOMENTS

An everyday moment is an unplanned chance that comes up and makes it easier to have **Tough Talks** with your teen.

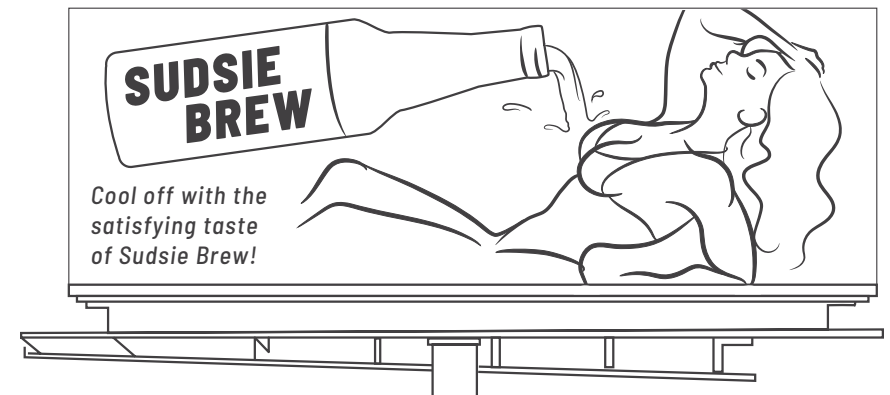
- ✓ This could be a song on the radio, a TV show, commercial or advertisement, or an event on the news.
- ✓ Ask questions about what you are seeing and hearing.
- ✓ Be open to hearing what your teen is seeing and hearing – it may be different than you!

Use **Everyday Moments** to start conversation

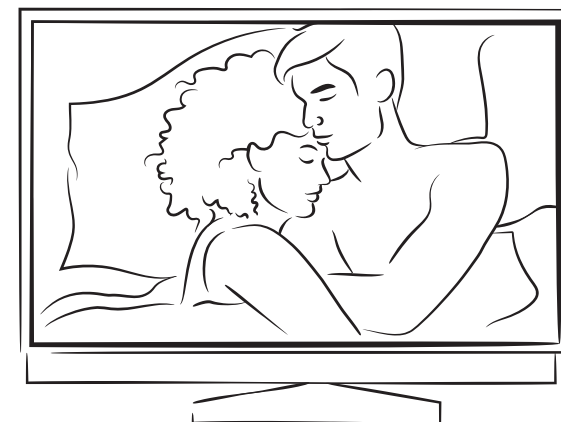
# COMMUNICATION

An everyday moment is an unplanned chance that comes up and makes it easier to have **Tough Talks** with your teen. This could be a song on the radio, a TV show, commercial or advertisement, or an event on the news.

How could you use these situations to start a **Tough Talk** with your teen?



- \* What questions could you ask your teen about this picture?
- \* What message would you want to give your teen about this picture?



- \* What questions could you ask your teen about this picture?
- \* What message would you want to give your teen about this picture?



# SCOPE tips + tricks

## OPENNESS

I will hear your voice, take you seriously, and respect your needs, thoughts, and opinions.

### RESPECT YOUR TEEN'S OPINIONS

Even when they are different from your own. Ask your teen how they arrived at their opinions.

### ASK FOLLOW-UP QUESTIONS

Open-ended questions help you understand your teen, and your teen know that you care. Respond with:

- ✓ "Can you tell me more about that?"
- ✓ "I hadn't thought about that before. What led you to that?"
- ✓ "What was the most exciting part for you? Why?"

### GIVE SPACE AND PRIVACY

Show respect by listening if they say they need privacy or time alone. Most teens really value privacy.

### PROVIDE SAFE OPPORTUNITIES FOR YOUR TEEN TO HAVE INDEPENDENCE

Your teen is learning and practicing how to be an adult. They need to have the chance to practice being independent in safe situations. This could mean driving to their friend's house by themselves, making decisions by themselves and then checking in with you about it, or going to the doctor alone.

### HELP YOUR TEEN FIND THEIR OWN SOLUTIONS

instead of telling them what to do.

### MAKE DECISIONS TOGETHER

Give your teen some input about family rules. This will build trust and respect. It will also increase buy-in from your teen, making them more likely to follow those rules. Brainstorm a back-up plan.

## MAKING DECISIONS

# TOGETHER



### Openness: Respect your teen's voice by making decisions together

Giving your teen some input about family rules will build trust and respect.

It will also increase buy-in from your teen, making them more likely to follow those rules.

Think about your family.  
What is one rule that you can  
make together with your teen?

### RULE TO MAKE TOGETHER:

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What do you want  
the rule to be? Why?

What does your teen want  
the rule to be? Why?

What is a step you could take  
to make your rule closer to  
their rule?

What would they  
say back to you?

What could the final  
rule be when you make  
it together?

# SCOPE tips + tricks

## PROTECTION

I will hold you responsible to appropriate boundaries and enforce rules consistently because I want to keep you safe.

### BE CLEAR WHAT THE RULES ARE

Be explicit. Explain which rules are non-negotiable and which ones are open for discussion – and explain why that is.

### ENFORCE RULES CONSISTENTLY

If you need to enforce a rule, clearly explain why. If there is a consequence, follow through each time.

### REMEMBER THAT YOUR TEEN NEEDS TO EXPLORE

Your teen wants to have new experiences, and may make mistakes. Helping them learn from small mistakes can help protect them from bigger ones.

### MONITOR

- ✓ Ask questions like: “Where will you be? Who will you be with? When will you be home?”
- ✓ Get to know your teen’s friends.
- ✓ Make sure your teen knows how to contact you at all times.

### PHONES AND SOCIAL MEDIA

Today’s teens are growing up surrounded by technology at all times. Here are a few ways you can provide protection around technology:

- ✓ Share your thoughts and expectations
- ✓ Maintain awareness. Know what apps or social media sites your teen is using. Ask them to teach you how to use apps or social media sites you don’t know how to use.
- ✓ Disconnect by example. Find times to put your phone down. Model how to interact with people around you.
- ✓ Negotiate and set technology rules. Be open and discuss these with your teen. Rules will be different for each family, but think about these types of issues:

\* Time limits

\* Picture posting or sharing

\* Privacy

\* Bullying

# Family Technology Contract

A **Family Technology Contract** is a way to start an ongoing talk about how each person can use technology responsibly. Creating a contract together as a family can build trust and make it more likely that all family members will follow the agreement.

Look at this example contract.<sup>2</sup> Then, think about what rules you would want to include in your own family’s contract.

## THE CONTRERAS’

## Family Technology Contract

Our family will be open to set responsible rules and guidelines for computer and phone use. These will be agreed upon by everyone and will be posted on the refrigerator. We will revisit the contract twice a year to update any rules and make any changes.

1. I will make time to disconnect from technology.
2. I will be respectful to myself and others. I won’t bully and will help others who might be in trouble or are getting bullied.
3. I won’t post or send pictures that will embarrass me, get me into trouble, or jeopardize my privacy and security.
4. I will respect other people’s privacy and will ask their consent before posting photos or posts about them.
5. I will be conscious of how much time I spend online. I will not be online or on my phone between 6-8pm each day.
6. I will protect my passwords.

► I agree to the above:

Name: \_\_\_\_\_

<sup>2</sup> Adapted from: SafeKids.com. Family Contract for Online Safety. Available at: [www.safekids.com/family-contract-for-online-safety/](http://www.safekids.com/family-contract-for-online-safety/).



## Make a Family Technology Contract to set boundaries

100

Name:

# SCOPE tips + tricks

## 😊 ENCOURAGEMENT

I will show warmth, give you my time, and dream of new possibilities for your future.

### SPEND TIME TOGETHER

Have fun, smile, and laugh.

### SHOW INTERESTS IN THEIR INTERESTS

Remember that your teen is talking to you about this subject because they feel it is important, even if you don't. Stay interested and delighted. Your teen is building trust with you as you listen.

### TALK WITH YOUR TEEN

About the positive things they have to look forward to in the future.

### HELP YOUR TEEN DEVELOP DECISION-MAKING SKILLS

- ✓ Understand and empathize before telling them what to do.
- ✓ Talk about different options and their pros and cons.
- ✓ Brainstorm a back-up plan.
- ✓ Give your teen feedback about how they handled the process.

### GIVE YOUR TEEN DESCRIPTIVE PRAISE

- ✓ Descriptive praise is noticing the effort instead of the end result.
- ✓ Descriptive praise increases self-esteem and positive behavior.
- ✓ When teens hear descriptive praise, they can understand exactly what it is you are happy about, so they can make the same decision in the future.

### DESCRIPTIVE PRAISE

This is when you tell your teen exactly what you liked or are proud of.

### HOW DO YOU GIVE DESCRIPTIVE PRAISE?

- ✓ Use a calm, casual voice.
- ✓ Comment on an effort instead of the outcome.
- ✓ Focus on the positive.
- ✓ Describe what you see, hear, and what you feel.

Show warmth by using *Descriptive Praise*

# ENCOURAGEMENT

## GENERAL PRAISE

## DESCRIPTIVE PRAISE

Your child gets a good grade on their test

"You're so smart!"

"I saw how many hours you studied for that test. I know you were nervous, and I am proud of how hard you worked!"

Your teen washes their own dishes right after dinner.

"Thanks."

"I appreciate the way you cleaned up your dishes right away. It's such a huge help to me."

Your teen shows you their latest art project.

"It's so pretty."

"It looks great. I especially like the bright colors and how you blurred the focus in this corner right here. It really draws my eye in."

**Now it's your turn!** Think of two things you want to praise your teen for and practice giving them descriptive praise.

## GENERAL PRAISE

## DESCRIPTIVE PRAISE






What do you want to praise your teen for?

What do you want to praise your teen for?






# love language quiz

Part of all relationships is the way we show our love and want to be loved. This quiz will help you figure out your own Love Language! Pick your best answer for each of the following questions. Choose only one!






## 1. It's your birthday. Which of the following is the best gift you could receive?

-  Someone doing your chores around the house.
-  A gift that contains an item you mentioned a few weeks ago.
-  Going out for a meal together, or sharing a favorite meal together at home.
-  Cuddling up and watching those movies you've been wanting to see.
-  You get lots of big smiles and people wishing you a Happy Birthday.

## 2. How do you want someone to show you kindness?

-  They help you with an important project.
-  They surprise you with your favorite candy or ice cream.
-  They spend the day with you going to that special event you've been excited about.
-  They give you a giant hug.
-  They tell you what they love about you.

## 3. You are fighting with one of your best friends. How do you want your family member to show they care?

-  They bring over your favorite food.
-  They check out a book by one of your favorite authors and take it to you to help get your mind off things.
-  You go for a walk together and they listen to you vent.
-  They offer to rub your back.
-  They cheer you on and offer tips on how to work it out or let the person go.

Turn to page 25 of this book to learn what your Love language is.

My Love Language is:

You can speak my Love Language by:

Adapted from: Champman, G. (2015). The 5 Love Languages: The secret to love that lasts. Chicago, IL: Northfield Publishing

For more Love Language information and quizzes, check out [5lovelanguages.com/quizzes/](https://5lovelanguages.com/quizzes/).



# sharing my values

**Research confirms it!** Strong connection between parenting adults and their teens is a superpower. It helps young people meet their goals in life, raise their self-confidence, and may help teens avoid unwanted pregnancies and STDs. One way to build connection is by sharing your own values about tough topics.

**What I want to teach my teen about...**

**When and how I will begin...**

<b>Love</b>	
<b>Sex</b>	
<b>Marriage</b>	
<b>Gender</b>	
<b>Consent</b>	

Stuck on what to say? Check out the resources in the back of this guide for lots of additional information and ideas for sharing your values.

# sharing my values

**What I want to teach my teen about...**

**When and how I will begin...**

<b>Their Body</b>	
<b>Masturbation</b>	
<b>Romantic Relationships</b>	
<b>Same Sex Relationships</b>	
<b>Pregnancy</b>	
<b>Practicing Safer Sex</b>	

**Ideas & Thoughts** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SCOPE tough talk tips

### **DON'T WORRY ABOUT "DOING IT RIGHT."**

Have Tough Talks often, and don't worry about getting it "perfect." Make mistakes, try out different ways to get your point across. And remember that these are topics you can come back to.

### **USE THE CORRECT NAMES FOR BODY PARTS.**

Nicknames, slang terms and metaphors only confuse the issue. Using the correct medical names for body parts helps young people feel confident talking about their body with healthcare providers and others, and promotes a shame-free home.

### **USE EVERYDAY MOMENTS TO SPARK CONVERSATION.**

Use what is happening in books, TV shows, movies, and song lyrics as jumping off points to talk about your values and your teens' thoughts and values.

### **STAY CALM.**

Take a deep breath and congratulate yourself for being askable and approachable. Remember that your tone, body language, eye contact, and openness to talking about sexuality can impact your teen's confidence. Remember, your goal is for your teen to see you as a safe person to talk to.

### **AVOID MAKING ASSUMPTIONS OR JUMPING TO CONCLUSIONS.**

There may not be an obvious reason why they are asking you a question. Just because your teen is curious about something doesn't mean they are doing it now or want to in the future.

### **THANK THEM FOR TALKING TO YOU.**

You can say:

"That's a really good question. I'm glad you asked."

"I remember having the same question when I was younger."

"I am feeling a little uncomfortable, but I'm glad you feel safe asking me."

## SCOPE tough talk tips

### **ASK QUESTIONS TO MAKE SURE YOU UNDERSTAND.**

This can also give you time to plan your answer!

"Are you asking. . .?"

"Let me make sure I understand what you're asking about..."

### **KEEP IT SIMPLE.**

Do your best to address their questions honestly and simply. Avoiding the subject, not being honest, or saying "You're too young to know that" sends the message that their curiosity is not OK and they can't come to you in the future.

### **SHARE YOUR VALUES AND ASK FOR THEIRS.**

Be clear and straightforward about what you believe. Try not to respond with silence or jokes - that may send the opposite message to what you want to share. When kids know exactly what you're saying, there's no room for misunderstanding. "I think \_\_\_\_\_ about this. What do you think about it?"

### **ALWAYS TRY TO RESPOND.**

If it's not a good time or you're not ready to talk, explain why, and remember to follow up at a better time. If you don't know the answer to their question, say so: "That's a great question. I actually don't know the answer." Look up the answer together or by yourself and remember to get back to your teen. Check in afterwards: "Did that answer your question? You can always come to me with questions like that."

### **KNOW YOUR LIMITS.**

Think ahead of time about what you might like to keep private - it's always OK to have a boundary. If you don't want to have the conversation, help your teen find another trusted adult or good resource to refer to.

## tough talk go bad?

### MAKE SURE YOU UNDERSTAND BY ASKING FOLLOW-UP QUESTIONS.

Tough Talk Go Bad? You could still have a hard Tough Talk that doesn't go well – even if you tried to do everything right. Here's how to take care of yourself and support your teen:

Remember – You have the right to feel hurt, mad, upset, frustrated, or any other feeling you have. Your teen also has the same rights. You both have the right to express your feelings.

### HERE ARE SOME THINGS THAT MAY HELP:

- \* Take a deep breath and move your body
- \* Do something that makes you happy and brings comfort
- \* Vent to a friend or get support from a counselor or therapist.
- \* Write a letter to yourself or the person to hurt you. Share your needs, feelings, boundaries, limits, and requests.
- \* Look for new resources
- \* Set new goals
- \* Try the tough talk again after you've had a together time that has helped you connect in a fun and relaxing way

### DOES YOUR TEEN FEEL HURT? HERE'S HOW TO HELP REPAIR YOUR RELATIONSHIP:

- \* Don't become defensive or discount your teen's opinions and feelings. Own that fact that your words or actions hurt your teen – even if that was not your intent.
- \* Apologize for how you made them feel. It's ok to apologize right away or take some time and apologize later.
- \* Thank your teen for coming back to you to keep the conversation going.
- \* Explain what you've learned and what will be different next time. Think about which parts of SCOPE and being askable you can use to try a different way to do or say what you are feeling.
- \* Remember that we all mess up and be forgiving with yourself.
- \* Give it some time and try again to address possible options and choices to move forward in the future – using this talk as a learning opportunity.

## love language: quiz results

Which colors do you have the most of? That's your Love Language! (It's OK to have more than one!)



### ACTS

**YOU APPRECIATE WHEN SOMEBODY OFFERS TO DO SOMETHING FOR YOU.**

**Example:** help with chores, cooking, or homework.

**What you want most:** "let me do that for you."



### SPECIAL GIFTS

**YOU APPRECIATE THE LOVE, THOUGHTFULNESS, AND EFFORT BEHIND A GIFT.**

**Example:** somebody buying you that shirt you love that you pointed out last time you went shopping together.

**What you want most:** a gift that shows that you are known, heard, and loved.



### TIME

**YOU APPRECIATE EXPERIENCES AND TIME SPENT TOGETHER.**

**Example:** cooking dinner, going to the park, or playing basketball together.

**What you want most:** spending time together without distractions.



### PHYSICAL CLOSENESS

**YOU APPRECIATE TOUCH, INTIMACY, AND BEING CLOSE.**

**Example:** holding hands, hugs, kisses, cuddling, and pats on the back.

**What you want most:** thoughtful and sincere touches that show concern, care, and love.



### PRAISE

**YOU APPRECIATE UNASKED-FOR KIND WORDS AND COMPLIMENTS.**

**Example:** "I really admire how generous you are."

**What you want most:** to hear "I love you" and why.



## RESOURCES

# get informed

### Planned Parenthood

[www.plannedparenthood.org/parents](http://www.plannedparenthood.org/parents)

Info for parents, quizzes, games, and videos about how to talk to your teen, pregnancy and STD prevention, self-esteem, body image, drugs and alcohol, communication, and relationships.

### Advocates for Youth

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

The Parents' Sex Ed Center includes resources, information, tips and research for parents to help communicate with their teen.

### PFLAG

[pflag.org/](http://pflag.org/)

Local and national support, advocacy, information and tips for anyone looking to support LGBTQ loved ones.

### AMAZE

[amaze.org](http://amaze.org)

Videos and resources to build the skills of supportive adults to better communicate with their children about sexuality. Also has videos for youth and teens.

### Healthy Children

[Healthychildren.org](http://Healthychildren.org)

Info on all aspects of growth and development from birth through adolescence from the American Academy of Pediatrics.

### Center for Parent Information & Resources – Sex Education for Youth with Disabilities

<https://www.parentcenterhub.org/sexed/>

Info and resources for teens who have a physical or intellectual disability, or chronic illness, and their supportive adults.

### Kids-ask.org

[kids-ask.org](http://kids-ask.org)

Lots of adults aren't sure exactly what to say to their kids about sexuality – this website will give you some ideas and will even help you build a script to talk about sexuality with kids from 0-12 years old.

### Sex Positive Families

<http://sexpositivefamilies.com/reading-list-1/>

Information and a book list for kids from 0-18, along with more resources for supportive adults.

### The GLBT National Help Center

[www.glbthotline.org](http://www.glbthotline.org) or 1-888-843-5464

Provides peer-support, communication, connections, and info to people regarding sexual orientation and/or gender identity.

### NAMI

[www.nami.org](http://www.nami.org) or 800-950-NAMI (6264)

Information and support for those impacted by a mental health condition.

### Love Is Respect

[www.loveisrespect.org](http://www.loveisrespect.org) or 1-866-331-9474

Info and support about healthy, unhealthy, and unsafe relationships. Chat online, call, or text. text: LOVEIS to 22522

### American Academy of Child & Adolescent Psychiatry Facts for Families

[www.aacap.org](http://www.aacap.org)

100+ fact sheets on topics including: adolescent development, bullying, social networking, GLBTQ adolescents, media, mental health, sexual communication, and the teen brain.

### Keep Connected

<https://keepconnected.searchinstitute.org/bringing-out-the-best-in-your-family/>

Activities, quizzes and ideas with tools to build connection with your children and teens. Also includes developmental ages and stages to understand how your teen is developing.

# what is consent?



## STEP 1:

Decide if you are ready for the sexual activity



## STEP 2:

Give consent and get consent from your partner(s)

Consent means saying "Yes." And meaning it. It also means respecting people's boundaries and asking for permission. This might seem really simple and straightforward, but in real life it's not always that easy. If there's any doubt, it's probably not consent. And when there's doubt, it's **not OK** to continue.

Let's talk about consent when it comes to sex.

## Consent is...

### FREELY GIVEN

No pressure, no manipulation. And all are free from the influence of drugs or alcohol.

### ENTHUSIASTIC

Being excited about it, not just letting it happen. When people think about consent, "no means no" often comes to mind. But saying "yes" is really important, too. A straight-up "yes!" means that no one has to guess or assume anything, and you'll know they're really into it. Sexy!

### INFORMED

Sharing with each other about any known or suspected STDs, deciding together about condoms and birth control, and being genuine about whether either of you are sexually active with others.

### SOMETHING YOU CAN TAKE BACK

It's ok to stop or change your mind at any time. Saying "yes" once doesn't mean saying "yes" forever, or "yes" to other sexual activity.

# giving + receiving consent

## SOME WAYS TO ASK FOR CONSENT:

"Would it feel good if I...?"

"You ok?"

"Do you want to try...?"

"Are you ready for this?"

## SOME WAYS TO GIVE CONSENT:

"Yes!"

"That feels good."

"I really like when..."

"I'm open to trying..."

## CHANGE YOUR MIND? Ways to tell your partner that you want them to stop.

"Can we stop for a second?"

"Let's try \_\_\_ instead."

"I don't want to do this anymore"

## PARTNER CHANGE THEIR MIND? It can be hard to hear "no" or "not right now." Even though it's hard we need to show we respect their decision.

"That's cool. I'm OK with \_\_\_ instead."

"Thank you for... (telling me what's OK and what's not; for telling me you need to wait; for taking care of yourself...)"

"I'm glad you are telling me what you need."

**REMEMBER:** By law, some people can't consent to sexual activities at all. This includes people who are under the influence of drugs or alcohol, mentally disabled, and/or under the legal age to be able to give consent in your state. Check out [sexetc.org/action-center/sex-in-the-states/](http://sexetc.org/action-center/sex-in-the-states/) for more info.

# external condoms

Condoms are the only type of birth control that can protect from both pregnancy and STDs. Condoms can be used on anything that can be inserted into a person's body. There are two types of condoms – external and internal condoms. Straight, gay, bisexual, queer, and people of all gender identities and sexual orientations use condoms.

Here is how to use an external condom.

**1**


**Give and receive consent.**

yes!

yes!


**2**

Check expiration date & for air bubbles, then carefully open package.



**3**

PINCH TIP & ROLL DOWN




**Pinch tip of condom & roll all the way to the base.**

Have sex with condom on.

**4**

When finished, **hold condom on while pulling out.**



Take condom off, tie off open end & throw in trash.

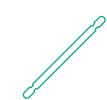











## REMEMBER!

- ✓ Condoms are easy to use
- ✓ Condoms don't cost a lot of money
- ✓ Condoms protect against pregnancy, STDs, and HIV
- ✓ Teens use condoms successfully
- \* *The consistent and correct use of latex or polyurethane condoms can help reduce the risk of STDs if used for oral, anal, and/or vaginal sex, and intimate skin-to-skin contact.*


# birth control guide

The best type of birth control is the one that you'll always use correctly, works well with your body, and fits your needs.

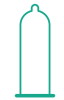
Check out [plannedparenthood.org/learn/birth-control](https://plannedparenthood.org/learn/birth-control) for more info.

<b>GREAT</b> More than 99% effective Works hassle-free up to...			
<b>3 YEARS</b>  The implant	<b>3 YEARS</b>  IUD (Skyla)	<b>5 YEARS</b>  IUD (Mirena)	<b>10 YEARS</b>  IUD (ParaGard) No Hormones
PRESCRIPTION REQUIRED			
<b>VERY GOOD</b> 91 - 94% effective Needs to be used...			
<b>DAILY</b>  The pill	<b>WEEKLY</b>  The patch	<b>MONTHLY</b>  The ring	<b>EVERY 3 MONTHS</b>  The shot (Depo-Provera)
PRESCRIPTION REQUIRED			
<b>GOOD</b> 76 - 88% effective Must be used each time you have sex to be effective.			
 Withdrawal	 Diaphragm	 Cervical Cap	 Fertility Awareness
NO PRESCRIPTION REQUIRED			

**CONDOMS**  
Internal & External



**Internal Condoms**



**External Condoms**

- ✓ Condoms can be used with all other types of birth control methods.
- ✓ Condoms are the only type of birth control that prevent against pregnancy and STDs and HIV.
- ✓ Condoms are **98% effective** at preventing pregnancy if used perfectly each time. Most people aren't perfect, so in real life condoms are about **82% effective**.

**Abstinence** is the most effective way to prevent pregnancy and STDs.



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