

Raising Healthy Teens

Sex Education in the Digital Age

Parent Resources

Influential adults play a key role in a youth's development of healthy behaviors and attitudes regarding their sexuality. Below are resources to encourage productive conversations with youth regarding their sexuality. Additional information can also be found at www.robertcrown.org.



Research and Statistics:

POSITIVE SEXUALITY & WELL-BEING RESEARCH

<https://www.ncbi.nlm.nih.gov/pubmed/23361205>

WHY SEX EDUCATION IS IMPORTANT

<https://thenationalcampaign.org/blog/why-sex-education-important>

<http://sexedrescue.com/2016/what-is-sex-education/>

A WISH LIST FOR OUR CHILDREN: (Sexually healthy kids)

http://www.huffingtonpost.com/morgan-menesessheets-/wish-list-for-our-children_b_5571355.html

TEEN SEXUAL BEHAVIOR & STATISTICS

<http://www.cdc.gov/healthyouth/sexualbehaviors/> <http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/just-facts/adolescent-sex.html>

Talk. They Hear You.



HOW TO TALK TO A RELUCTANT TEEN

<http://www.focusonthefamily.com/parenting/teens/tips-for-parenting-teens/how-to-talk-to-a-reluctant-teen>

WHEN TO TALK TO YOUR CHILD ABOUT SEX:

<http://www.webmd.com/sex/features/when-to-talk-to-your-child-about-sex>

So What Do I Say? They're Going to Ask. Be Ready with Answers

DEALING WITH THE PRESSURE TO HAVE SEX

<http://stayteen.org/sex-ed/article/dealing-pressure-have-sex>

WHAT TEENS NEED MOST FROM THEIR PARENTS

<http://www.wsj.com/articles/what-teens-need-most-from-their-parents-1470765906>

SAMPLE DISCUSSIONS: How did these parents handle these questions?

http://healthprograms.edc.org/program/salud-y-exito-health-and-success?qt-view_clone_of_sources_panel_pane_1=2

