Let’s Talk…
The Power of Parents!

Centers for Disease Control and Prevention Grant - Division of Reproductive Health
Unintended Pregnancy Prevention/Teen Pregnancy Prevention Program
U88/CCU522128-1-0
Working Together to Solve the Puzzle of Teen Pregnancy

1. Economic Security
2. Teen Parent Services
3. Chemical Abuse Prevention
4. Community Collaboration and Support
5. Teen Health Services
6. Youth Development
7. Sexual Violence Prevention
8. Culturally Respectful Services
9. Comprehensive Sexuality Education
10. Responsible Media Messages
11. Parent and Adult Involvement
12. Academic Support
Let’s Talk Month is a community campaign that supports parents in making stronger connections with their children and in talking honestly and openly about sexual health and relationships.
Parent-Child Connectedness

- Quality of the emotional bond between parent and child and by the degree to which this bond is both mutual and sustained over time.

- Both parents and children are acknowledged as active players.

ETR Associates, 2004
Parent-Child Connectedness

- Attachment / Bonding
- Warmth / Caring
- Cohesion
- Support / Involvement
- Communication
- Monitoring / Control
- Autonomy Granting
- Maternal / Paternal Characteristics
Parental Support

If teen perceives parental support:

- Older age of first intercourse
- Lower frequency of sex during adolescence
- Increased condom use and confidence in negotiating condom use
Parental Values

• If parents openly discuss their family’s values about teen sexual activity
• If parents have positive attitudes about contraception
• If teen perceives parental disapproval of teen sexual activity

Older age of first intercourse
Lower risk of pregnancy
Parental Monitoring & Supervision

If **appropriately** supervised/monitored:

- Older age of first intercourse
- Lower frequency of sex during adolescence
- Increased contraceptive use
- Decreased pregnancy risk

“Very strict” monitoring associated with:

- Increased risk of teen pregnancy
Parent-child Communication

- If parent clearly states family’s values regarding teen sexual relations,
- If communication takes place early,
- And if there is close parent-child relationship then...

Parent-child communication can delay initiation of sexual intercourse
National Survey

Have you had a helpful conversation with your parents about sex?

HALF of teens surveyed said they have not had a helpful conversation with their parents about sex.
Question: Parents believe they should talk to their kids about sex but often don’t know what to say, how to say it, or when to start. Do you agree or disagree?
4 primary sources of sexuality information for adolescents

- Peers
- Media
- Parents
- School
Where have you received most of your information about sex?

Male Students

- Internet
- Parents
- School
- Media
- Friends

![Bar Chart]

2004 Minnesota Student Survey
Where have you received most of your information about sex?

Female Students

2004 Minnesota Student Survey
Conversation Concerns

Reasons teens say people their age don’t talk with their parents about sexual health:

83% - worry about their parent’s reaction
80% - worry their parents will think they are having sex
78% - are embarrassed
77% - don’t know how to bring it up
64% - don’t think parents understand
When it comes to teens’/your sexual decision-making, which of the following is most influential?

<table>
<thead>
<tr>
<th></th>
<th>Adults</th>
<th>Teens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>31.7%</td>
<td>38.3%</td>
</tr>
<tr>
<td>Friends</td>
<td>50.0%</td>
<td>31.7%</td>
</tr>
<tr>
<td>The media</td>
<td>7.5%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Teachers and sex educators</td>
<td>3.5%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Brothers and sisters</td>
<td>3.0%</td>
<td>7.4%</td>
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<tr>
<td>Religious organizations</td>
<td>2.9%</td>
<td>9.1%</td>
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</table>
Parents Are
Sexuality Educators