

Ten Tips for Parents

To Help Their Children Avoid Teen Pregnancy

- 1. Be clear about your own sexual values and attitudes.**
- 2. Talk with your children early and often about sex, and be specific, be an “askable parent,” and be a parent with a point of view.**
- 3. Supervise and monitor your children and adolescents.**
- 4. Know your children’s friends and their families.**
- 5. Discourage early, frequent, and steady dating.**
- 6. Take a strong stance against your daughter dating a boy significantly older than she is. And don’t allow your son to develop an intense relationship with a girl much younger than he is.**
- 7. Help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood.**
- 8. Let your kids know that you value education highly.**
- 9. Know what your kids are watching, reading, and listening to.**
- 10. These first nine tips for helping your children avoid teen pregnancy work best when they occur as part of a strong, close relationship with your children that is built from an early age.**

