
It's Time To Talk....

SELF-ESTEEM
PUBERTY & SEXUALITY
MIXED MESSAGES
PEER PRESSURE

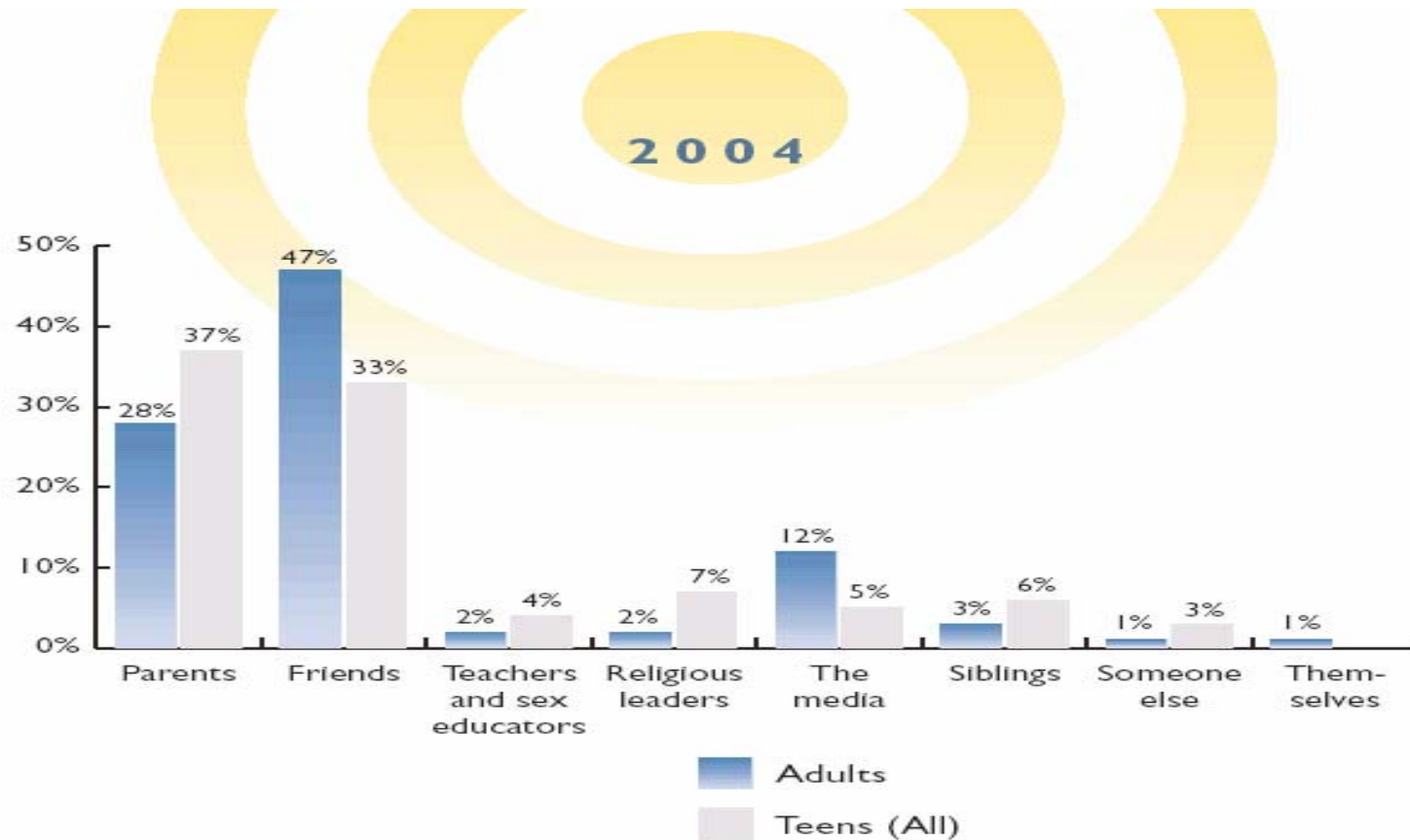
Adolescent Pregnancy Prevention Initiative

- Adolescent Pregnancy Prevention is a focus area of the Family Planning Program, targeted to reduce the number of pregnancies among adolescents by:
 - ☆ Improving decision making skills
 - ☆ Increasing knowledge about abstinence
 - ☆ Increasing knowledge about available contraceptive services
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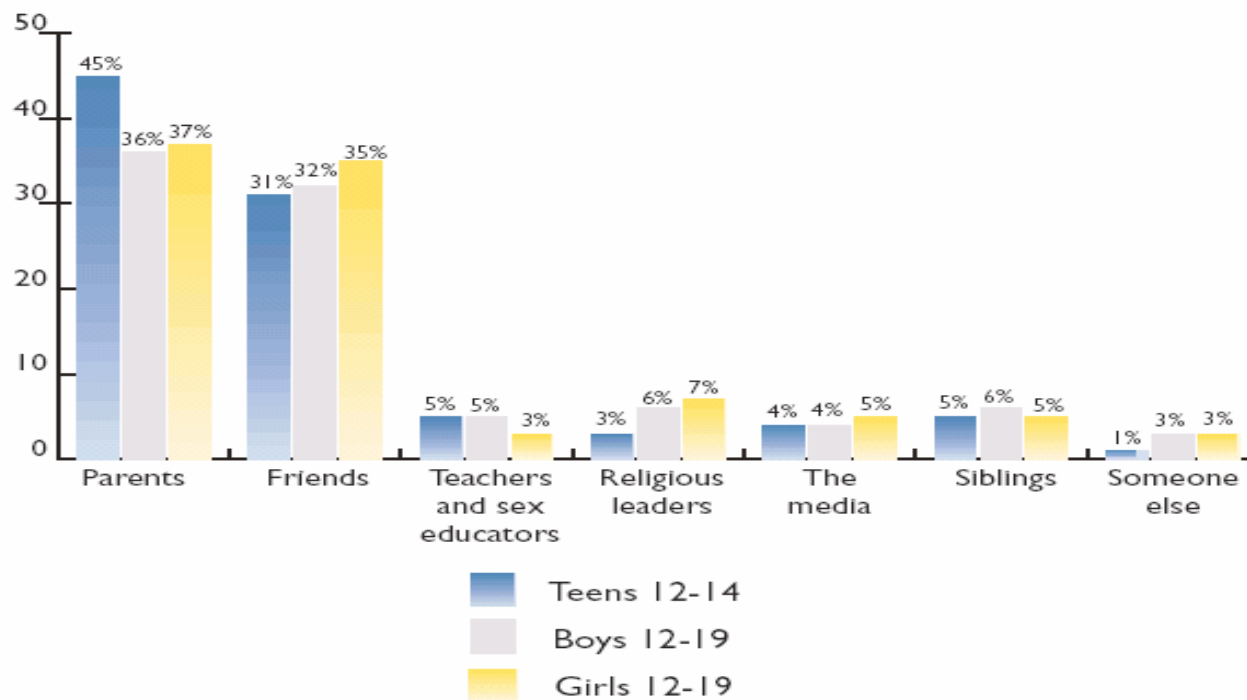
When it comes to decisions about sex who or what has the most influence on our adolescents?

- Parents?
 - Morals, Values, and/or Religious Beliefs?
 - Friends?
 - The Media?
 - Teachers and Sex Educators?
 - Worries About Pregnancy?
 - Worries About STDs?
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When it comes to teens' / your decisions about sex, who is the most influential?



When it comes to teens'/your decisions about sex, who is most influential? 2004

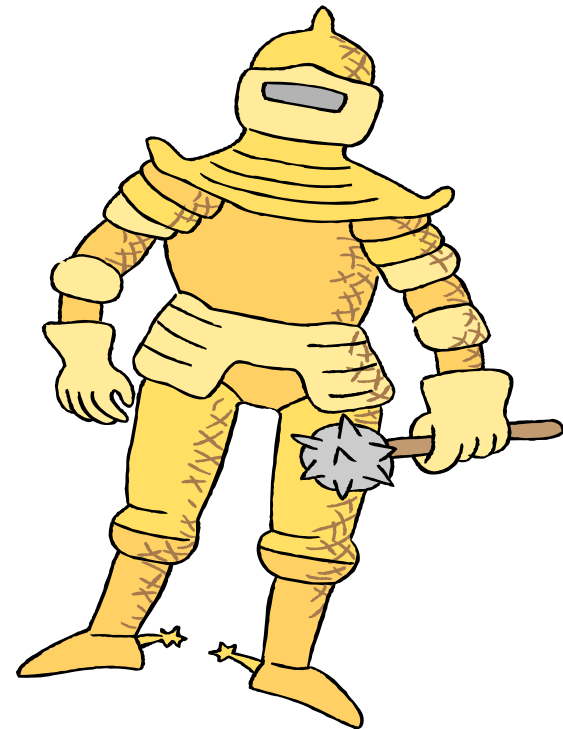


Parents

- You are the most important, continuous influence in your child's life – the person looked to for advice, answers, examples, and security.
 - By talking with your child about sexual topics, you will help them develop self-confidence, good relationships with others, and the skills they need to make healthy decisions.
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Parenting is a Five Piece Suit

- ☆ Affirmation
- ☆ Information
- ☆ Values Clarification
- ☆ Limit Setting
- ☆ Anticipatory Guidance



Importance of talking with your adolescent

- Provide the specific information for the questions that are asked
 - Sexuality is an intimate subject that directly involves family values and feelings.
 - Discussing sex-related topics offers a valuable opportunity to demonstrate your love, communicate your values, and teach your child how to make responsible decisions.
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Popular Opinion

- Does talking about sex actually encourage children to experiment and engage in sexual activity?
 - ❑ Experts say that young people who talk with their parents about sex are more likely to postpone sexual activity, and to use protection when they do become sexually active.
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Are you an “Askable” parent?

- They have questions. They will find out about sexual intercourse, sexual orientation, HIV/AIDS, and related issues in many ways, especially through television and peers in the school yard.
 - They need you to be available to listen. If you want them to have accurate information, you are essential. Take the initiative in talking with them.
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Are you an “Askable” parent?

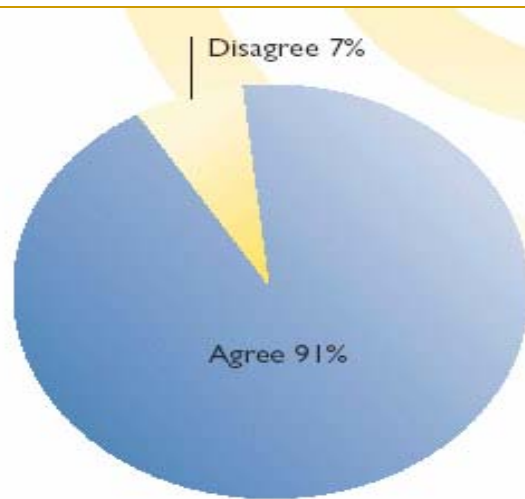
Five critical things parents need to know:

- ☆ Parents are the main sex educators of their own children
- ☆ Must be prepared for any question or incident that involves their children’s sexuality
- ☆ Must convey that nothing that ever happens to the child will be made worse by talking about it to the parent
- ☆ Children are not perfect, just as parents are not perfect.
- ☆ Failure is an event -- it is never a person

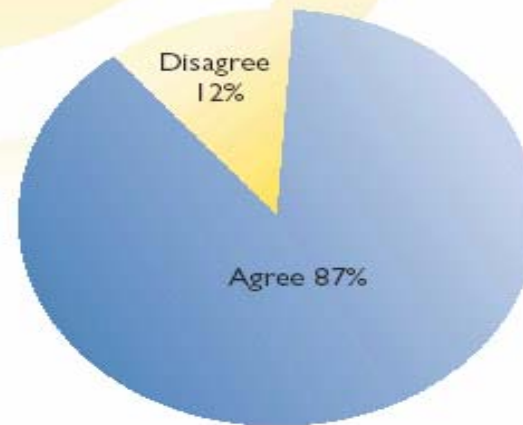
“Askable Parents Raise Sexually Responsible Children” by Sol Gordon, Ph.D..

Question?

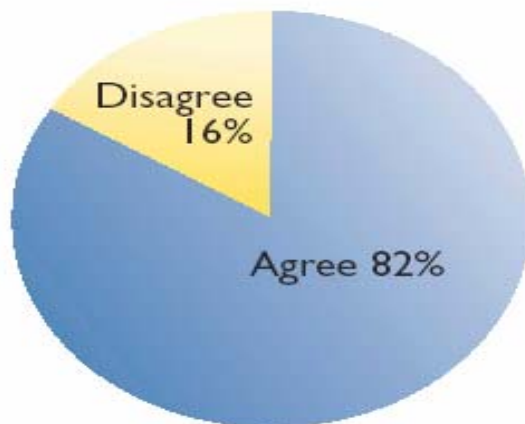
- Wouldn't it be much easier for teens to postpone sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations about these topics with their parents?
 - Here are the results:
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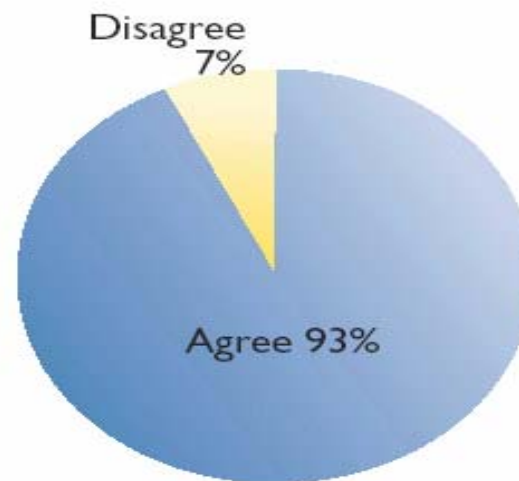
Adults



Teens (All)



**Boys
12-19**



**Girls
12-19**

PAUL FELL

MOM..? COULD YOU
ANSWER SOME
QUESTIONS FOR ME
ABOUT SEXUALITY
AND CONTRACEPTION..?

POOF!



Why they “DO” talk



★ Parents

- ★ Care about and love their child
- ★ Want to give accurate information
- ★ Have fostered open communication
- ★ Don't want to see their child make the same mistake they did
- ★ Help children become responsible
- ★ Want to make a difference in their children's lives
- ★ Learned skills on how to talk to their children
- ★ They provide a safe environment

★ Teens

- ★ Good and open relationship
- ★ Curiosity
- ★ Parent listens
- ★ Teen needs something
- ★ Get message from the parents that they are available
- ★ Parent good at setting appropriate boundaries
- ★ Teen knows their parent(s) have the “real” facts
- ★ Trust has been established
- ★ Sex has been talked about openly in the past



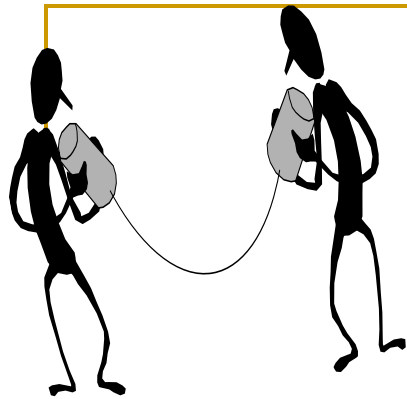
Why they “Don’t” talk

★ Parents

- ★ Embarrassed and uncomfortable
- ★ Don’t want to know
- ★ Disapproval of behavior
- ★ Lack of quality time/opportunity
- ★ Lack of knowledge
- ★ Don’t want to share/expose their own history
- ★ Believe misinformation they hear
- ★ Rely on schools and religious institutions
- ★ Believe it may be an invitation to have sex
- ★ Religious beliefs

★ Teens

- ★ Fear of parent’s reaction
- ★ Confusion
- ★ Teen feels misunderstood
- ★ Poor communication
- ★ Don’t want to disappoint their parent(s)
- ★ Teens feel ashamed or embarrassed
- ★ Taboo topic in the family
- ★ Parent(s) unavailable or not very accessible
- ★ Teen is breaking a rule with his/her behavior
- ★ Concerned about repercussions
- ★ Teen believes parent is in denial



Communication Tips

How to keep the conversation going:

- ☆ Examine Your Own Attitudes
- ☆ Ask for Help

Conversation starters:

- ☆ School
- ☆ Media
- ☆ Community
- ☆ Questions

- ☆ Be Honest
 - ☆ Step Into Your Child's Shoes
 - ☆ Talk to Each Other
 - ☆ Model
 - ☆ Learn
 - ☆ Do Not Get Discouraged
 - ☆ Stay Available
 - ☆ Do Not Get Angry
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Communication Tips

DOOR OPENERS

- ☆ “What do you think?”
- ☆ “That’s a good question.”
- ☆ “I don’t know, but I’ll find out.”
- ☆ “I’m trying to understand what you’re feeling.”
- ☆ “Do you know what that word means?”
- ☆ “I’m glad you told me about that.”

DOOR SLAMMERS

- ☆ “You’re too young.”
 - ☆ “Where did you hear that?”
 - ☆ “If you say that word again, I’ll...”
 - ☆ “That’s none of your business.”
 - ☆ “I don’t care what your friends are doing.”
 - ☆ “That’s just for boys (girls).”
 - ☆ “We’ll talk about that when you need to know.”
-

“The Talks”

- ☆ The talks:
 - ☆ Self-Esteem
 - ☆ Puberty and Sexuality
 - ☆ Mixed Messages
 - ☆ Peer Pressure

 - ☆ Our Goal: To prepare you to discuss these topics with your children—while respecting each family’s unique values.
-

“Talk” Time: Self-Esteem

- ☆ Self-esteem: how we feel about ourselves; our feeling of self-worth
 - ☆ What we know about self-esteem:
 - ☆ Developing self-esteem starts at infancy
 - ☆ How others treat us impacts our self-esteem
 - ☆ Parents influence self-esteem in their children
 - ☆ Teachers and religious leaders can nurture a child’s self-esteem
 - ☆ For teens, peers can dramatically affect self-esteem
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IALAC Activity



Thinking about self-esteem

- Before talking with your children, consider the following questions:
 - ❑ 1. How do you feel about your self-esteem?
 - ❑ 2. How was your self-esteem nurtured?
 - ❑ 3. How was your self-esteem damaged?
 - ❑ 4. What did your school years teach you about respecting others?
 - ❑ 5. Where could you find help when you were feeling bad?
 - ❑ 6. Where can teens find help when they are feeling bad?
 - ❑ 7. How could teens' low self-esteem lead them to unhealthy behaviors? (Which could increase the risk of becoming infected with HIV?)
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Signs of high self-esteem and low self-esteem

HIGH SELF-ESTEEM

- ☆ Making Positive Statements
- ☆ Accepting Compliments
- ☆ Looking People In The Eye
- ☆ Being Willing To Risk New Experiences
- ☆ Enjoying The Successes Of Others

LOW SELF-ESTEEM

- ☆ Putting Down Self and Others
 - ☆ Rejecting Compliments
 - ☆ Teasing
 - ☆ Showing Lots Of Anger
 - ☆ Jealousy or Conceit
 - ☆ Bad Posture
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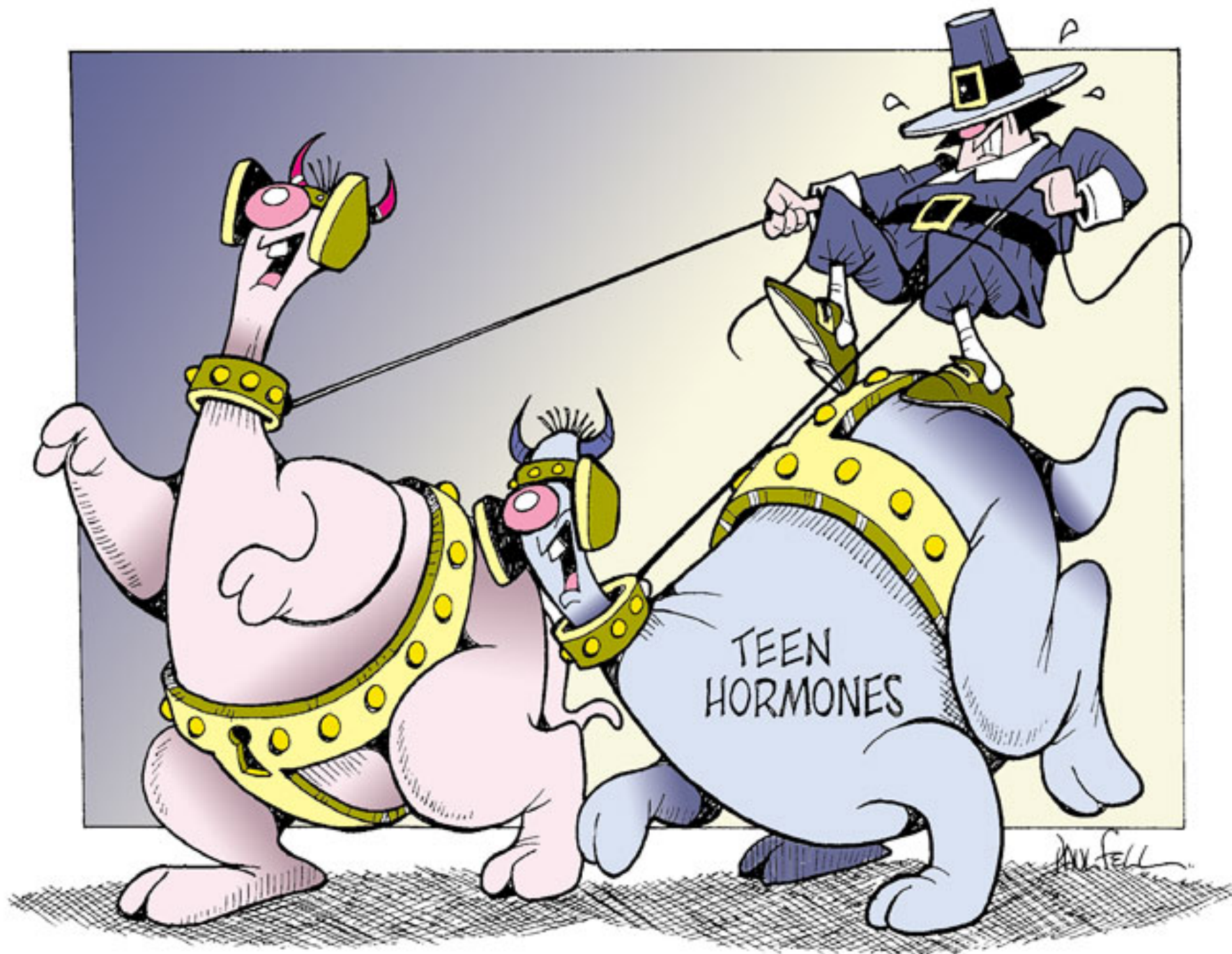
Steps for **Good** self-esteem

- ☆ Give Responsibility
 - ☆ Show Appreciation for contributions to home
 - ☆ Ask your teen for opinions and suggestions
 - ☆ Encourage participation in decision making
 - ☆ Accept mistakes
 - ☆ Discipline properly
 - ☆ Emphasize the process or task
 - ☆ Turn liabilities into assets
 - ☆ Show confidence in your teen's judgment
 - ☆ Have positive expectations
 - ☆ Find new ways of viewing things
-

“Talk” Time:

Puberty and Sexuality

- ☆ Puberty: is the time in a human being's life when he or she changes from boyhood or girlhood to manhood or womanhood. This period of time in a person's life is when it becomes physiologically possible to reproduce.
 - ☆ What else do we know about puberty?
 - ☆ Puberty usually begins between the ages of 9 and 16 years of age.
 - ☆ Generally, boys begin about two years after girls.
 - ☆ Puberty is not a month-long process; it actually takes several years to complete all changes.
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Puberty

Where do young people get information about puberty to prepare them for the dramatic changes they will go through emotionally and physically?

- ☆ From TV?
 - ☆ From School?
 - ☆ From their Peers?
 - ☆ From their Parents?
 - ☆ From their Community of Faith?
-

Thinking about Puberty

- Before talking with your children, consider the following questions:
 - ❑ 1. Where did you get information about puberty?
 - ❑ 2. What did this information include?
 - ❑ 3. How much time was spent having someone thoughtfully walk you through all the changes you were about to experience as you entered puberty?
 - ❑ 4. What kind of information would have helped you as you passed through puberty?
 - ❑ 5. What would have been better for you: getting one big talk about puberty and sexuality, or several smaller talks? Why?
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Growth stages during puberty - boys

Body Size:

- ☆ Arms, legs, hands and feet may grow faster than the rest of the body.
- ☆ May feel clumsier from these changes.

Body Shape:

- ☆ Grow taller and shoulders grow broader.
- ☆ Muscles get bigger.
- ☆ Gain more weight.

Voice:

- ☆ Voice gets deeper
- ☆ Voice may start cracking for a period of time.

Hair:

- ☆ Hair grows under the arm, legs and in the pubic area.
- ☆ Chest hair may appear.

Skin:

- ☆ Skin becomes more oily.
- ☆ Body will sweat more.
- ☆ Acne or pimples may develop.

Penis:

- ☆ Penis and testicles get larger.
 - ☆ May experience more erections.
 - ☆ Body will begin to produce sperm during puberty.
-

Growth stages during puberty - girls

Breast:

- ☆ Breasts grow in size and shape.
- ☆ May be necessary to begin wearing a bra.
- ☆ Breast growth is often the first area of growth during puberty.

Hair:

- ☆ Hair grows under the arms, legs and pubic area.
- ☆ Hair growth begins shortly after breast development.

Body Shape:

- ☆ Hips get wider.
- ☆ Waist gets smaller.
- ☆ Body will build up fat in the stomach, buttocks and legs.
- ☆ Body develops a more curved shape.

Body Size:

- ☆ Arms, legs, hands and feet may grow faster than the rest of the body.
- ☆ May feel clumsier from these changes.

Skin:

- ☆ Skin becomes oily.
- ☆ Body will sweat more.
- ☆ Acne or pimples may develop.

Menstruation:

- ☆ Begins for most girls between the ages of 9 and 16.
 - ☆ Most periods last from 3 to 7 days.
 - ☆ May feel discomfort before, during and after a period.
-

Growth stages during puberty – emotional development

- ☆ Have an emerging sense of self as a young adult.
 - ☆ Feel conscious of their sexuality and how they choose to express it.
 - ☆ Feel anxious about puberty, When will it happen? How it will occur? How to be prepared?
 - ☆ Feel shy about asking questions of caregivers, especially regarding sexuality.
 - ☆ Value their privacy.
 - ☆ Have the capacity to develop long-lasting, mutual and healthy relationships.
 - ☆ Understand their own feelings and have the ability to analyze why they feel a certain way.
 - ☆ Want to be accepted and liked.
 - ☆ Start to care more about what others think.
 - ☆ Often begin to separate from parents and identify more with their peers/friends.
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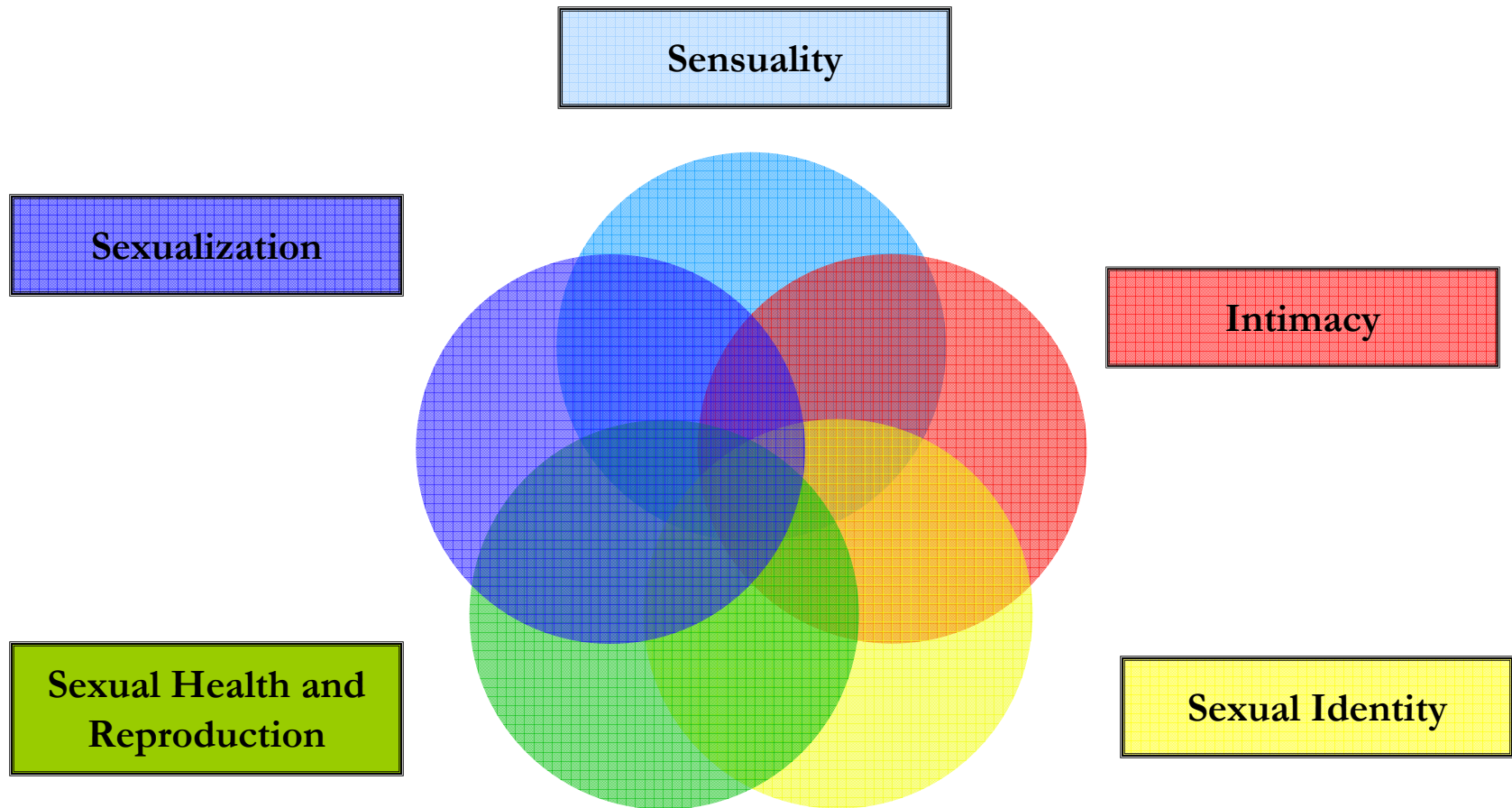
PAUL FELL



Sexuality

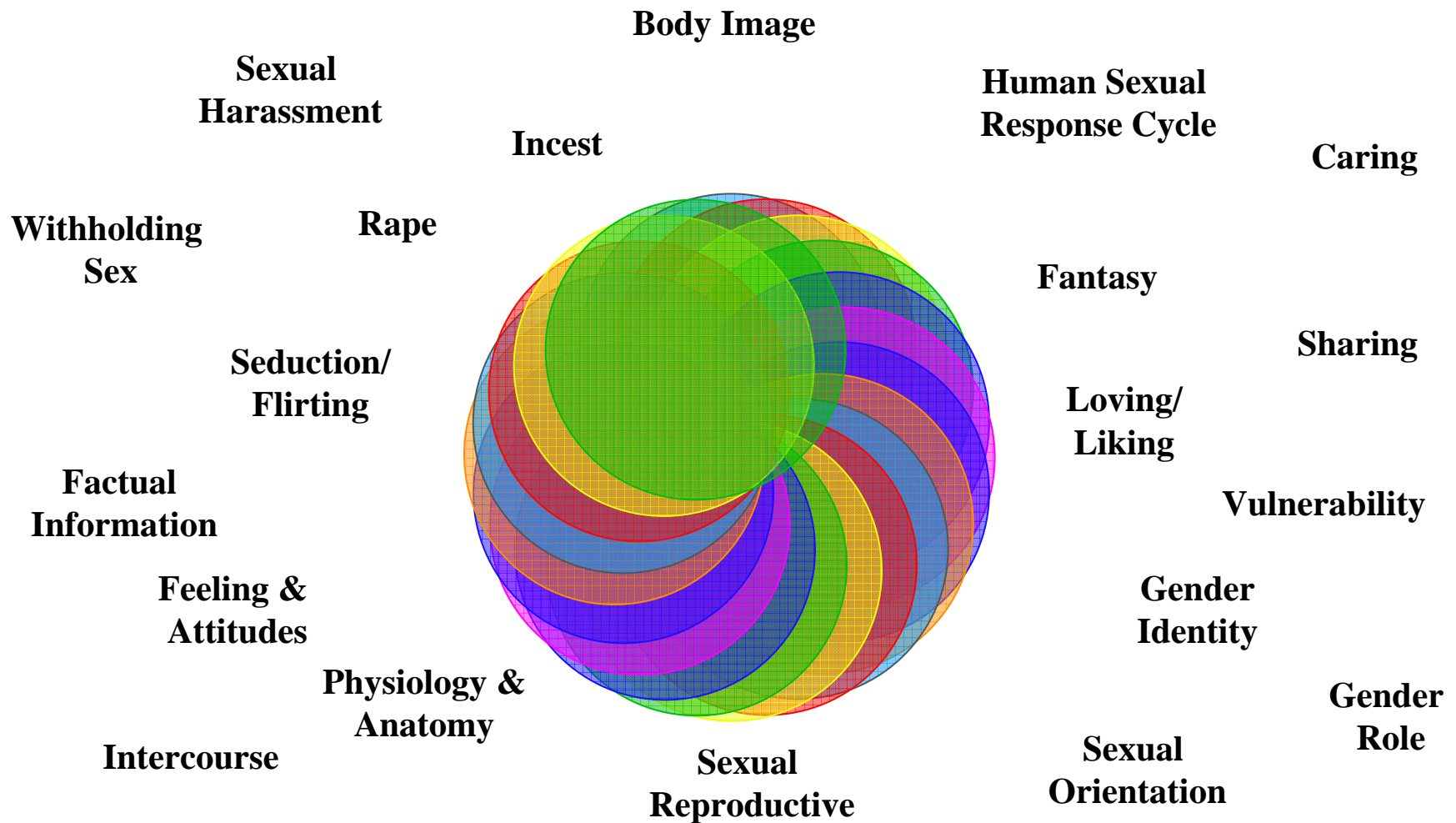
- ☆ Sexuality: the overarching concept describing the interplay of gender, gender role, gender identity, sexual orientation, sexual preference and social norms as they affect physical, emotional and spiritual life
 - ☆ What else do we know about sexuality?
 - ☆ Lifelong process
 - ☆ Not just about “sex”
-

Circles of sexuality



Adapted from Life Planning Education, Washington, DC: Advocates for Youth, ©1995

Circles of sexuality



Adapted from Life Planning Education, Washington, DC: Advocates for Youth, ©1995

Top Ten: Tips for talking about the facts of life

1. Encourage communication by reassuring kids that they can talk to you about anything.
2. Take advantage of teachable moments.
3. Listen more than you talk.
4. Do not jump to conclusions.
5. Answer questions simply and directly.
6. Respect your child's views.
7. Reassure young people that they are normal.
8. Teach your children ways to make good decisions about sex and coach them on how to get out of risky situations.
9. Admit when you do not know the answer to a question.
10. Discuss that at times your teen may feel more comfortable talking with someone other than you.

“Talk” Time: Mixed Messages

**Before talking to your children,
consider the following questions:**

- ☆ What do your kids know about sex from TV, radio, videos, movies, print advertising and the internet?
 - ☆ What does mass media teach people about sexual relationships?
 - ☆ What do soap operas and afternoon talk shows tell people about sex and love?
 - ☆ How are the messages the media give youth mixed?
-

Sexual content on TV

- ☆ 68% of all TV shows other than news, sports and children's shows contain sexual content.
- ☆ On broadcast TV, 75 % of network primetime shows contain either sexual dialogue or sexual behavior.

What's grabbing teens attention on TV?

- ☆ A variety of TV show formats are grabbing teens' attention:
 - ☆ Talk Shows
 - ☆ News and Entertainment Shows
 - ☆ Music Videos
 - ☆ Educational Programs
 - ☆ Feature Films
 - ☆ Bottom Line: TV gets attention. With the right opening, parents and caregivers can provide facts and opinions about responsible and loving relationships and prevention topics.
-

Mixed Messages:

Talking with your children about what they see on television

- ★ Instead of being afraid to turn on the television, be prepared to use television programming as teachable moments.
 - ★ Teachable moments: daily opportunities that occur when you are with your children that make it easier to share your messages and values.
 - ★ Talking about the media can help your children interpret and evaluate the messages they hear everyday from TV, magazines, movies, newspapers and the Internet.
-

“Talk” Time: Peer Pressure



- ☆ Peer Pressure: pressure that people of a similar age place on others to encourage them to make certain decisions or behave in certain ways
- ☆ What else do we know about peer pressure?
 - ☆ Two types: 1) positive and 2) negative
 - ☆ The need to fit in and follow the group.
 - ☆ Pressure to conform is very intense and the price people pay for not conforming can take many forms including: harassment, violence and alienation.
 - ☆ Preparing youth for peer pressure is very important. Most people have a strong need to fit in and find acceptance from others.

“Talk” Time: Peer Pressure

- ☆ Middle School, especially is a time when the need to meet the expectations of the family may be challenged by the need to be accepted at school.
 - ☆ Peer pressure is a part of almost all children’s lives.
 - ☆ All children experience peer pressure and give in to it at one time or another.
 - ☆ While parents cannot protect their children from experiencing peer pressure, there are steps they can take to minimize its effects.
-

Thinking about peer pressure

**Before talking to your children,
consider the following questions:**

- ☆ What was your experience with peer pressure in school?
 - ☆ What did you feel pressure to do?
 - ☆ What happened to people who did not fit in?
 - ☆ How can people find support and resist pressure?
 - ☆ What do students today feel pressure from peers to do?
-

Preparing youth for peer pressure

Parents often believe that their children do not value their opinions. In reality, studies suggest that parents have a tremendous influence over their children, especially teenagers.

- ☆ Teach young people how to use refusal skills.
 - ☆ Talk to young people about how to avoid undesirable situations or people who break the rules.
 - ☆ Remind children that there is strength in numbers.
 - ☆ Let young people know that it is okay to seek an adult's advice.
 - ☆ Nurture strong self-esteem.
-

What you can do

- ☆ Develop a close relationship with Your Children
 - ☆ Treat Your Children with Respect
 - ☆ Praise Your Children
 - ☆ Encourage interests and abilities
 - ☆ Display artwork, schoolwork and projects
 - ☆ Be Consistent
 - ☆ Pay Attention to Your Own Behaviors and Attitudes
 - ☆ Encourage Individuality and Independence
 - ☆ Encourage Children to Make Some Decisions for Themselves
 - ☆ Give Your Children Responsibility and Freedom to Take Risks
 - ☆ Help Children Understand Peer Pressure
-

What you can do, con't.

- ☆ Plan Regular and Frequent Family Activities (Spend Time with Your Children)
 - ☆ Encourage Friendships with Positive Role Models
 - ☆ Encourage a Wide Variety of Friends
 - ☆ Know Where Your Children Are and What They Are Doing
 - ☆ Teach and Praise Assertiveness
 - ☆ Limit Criticism
 - ☆ Do Not Demand Perfection
 - ☆ Do Not Let Your Children Criticize Themselves
 - ☆ Do Not Criticize Your Children's Friends
 - ☆ Provide Discipline
 - ☆ Seek Help
-

What teens want adults to know about teen pregnancy

- ☆ Show us why teen pregnancy is such a bad idea.
- ☆ Show us what good, responsible relationships look like.
- ☆ Talk to us honestly about love, sex and relationships.
- ☆ Telling us not to have sex is not enough.
- ☆ Even if we don't ask, we still have questions.
- ☆ Whether we're having sex or not, we need to be prepared.

*Information taken from, "Talking Back: Ten Things Teens Want Parents to Know About Teen Pregnancy".
A publication of The National Campaign to Prevent Teen Pregnancy.*

What teens want adults to know about teen pregnancy, con't.

- ☆ If we ask you about sex or birth control, don't assume we are already "doing it".
- ☆ Pay attention to us before we get into trouble .
- ☆ Don't Leave us alone much.
- ☆ We really care what you think, even if we don't always act like it.
- ☆ We hate "The Talk" as much as you do.
- ☆ For us, it's not about abstinence or contraception; it's about abstinence and contraception.

*Information taken from, "Talking Back: Ten Things Teens Want Parents to Know About Teen Pregnancy".
A publication of The National Campaign to Prevent Teen Pregnancy.*

Top 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.
3. Supervise and monitor your children and adolescents.
4. Know your children's friends and their families.
5. Discourage early, frequent and steady dating.

Information taken from, "Ten Tips for Parents: To Help Their Children Avoid Teen Pregnancy". A publication of The National Campaign to Prevent Teen Pregnancy.

Top Ten:

Tips for parents to help their children avoid teen pregnancy, con't.

1. Take a strong stand 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.
2. Help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood.
3. Let your kids know that you value education highly.

Information taken from, "Ten Tips for Parents: To Help Their Children Avoid Teen Pregnancy". A publication of The National Campaign to Prevent Teen Pregnancy.

Top Ten:

Tips for parents to help their children avoid teen pregnancy, con't.

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 child that is built from an early age.

Information taken from, “Ten Tips for Parents: To Help Their Children Avoid Teen Pregnancy”. A publication of The National Campaign to Prevent Teen Pregnancy.



IMAGINE:

The Real Cost of Teen Pregnancy

Parents should be able to say, I gave my children the two most important things they needed to be who they are—roots and wings. Roots to fall back on, to be their refuge—the roots of experience, values and security. And wings to soar, to grow and change, so they can build the future they desire.

--Barbara Huberman

