

## Teen Sex

According to a "Tyra" online survey, 64% of teen girls say they are sexually active and 52% have unprotected sex. Just under a quarter believe they have a sexually transmitted disease but still have unprotected sex. 9% claim to have participated in group sex.

### ***Top 5 Tips for Talking to Teens about Sex, from Psychologist Pamela Varady***

- 1. Start early.**  
The earlier you talk to your kids about sex, the more informed your child will be and the more comfortable they will feel about coming to you with questions. Plus, future conversations will be much, much easier if you start young.
- 2. Let them know your values.**  
Teenagers want guidance from their parents, whether they admit it or not. Don't be afraid to tell them your own views on sex.
- 3. Teach teens about emotional intimacy, too.**  
Sex talks tend to focus on the physical. But you can also tell your child that you feel sex should occur in the context of an intimate relationship, and why.
- 4. Don't lecture.**  
A lecture instantly turns the conversation from two-way to one-way. Talking to your teen about sex effectively has to be a give-and-take. Remember to ask a lot of questions, and encourage your teen to do the same.
- 5. Relieve the pressure.**  
If your child has difficulty opening up, try initiating the conversation while you're doing something else, such as taking a walk or shooting hoops. Being involved in an activity while you talk will take a lot of the pressure off.

The survey also found that 14% of teen girls claim to have had sex while at school. A national momlogic survey revealed that one in five kids has witnessed sex in school.

### ***Why Moms Should Talk about Teen Sex***

It's important to create an open dialogue with your teens about sex and its repercussions.

Pediatrician Dr. Cara Natterson says: "So much of early sexual behavior in teens has little to do with achieving sexual satisfaction and much more to do with lack of self-esteem. So often when teenage girls are having sex, they are doing it to fit in or to win affection or social acceptance ..."

With over half of these young women admitting they don't always use protection, their attempts to fit in with their peers are putting them, as well as their partners, at risk. The National Campaign to Prevent Teen and Unplanned Pregnancy reports that teen pregnancy is on the rise.

Plus, according to the U.S. Centers for Disease Control and Prevention, cases of HIV infection diagnosed among 15- to 19-year-olds in the U.S. rose 20 percent between 2003 and 2007. Experts say talking to your kids about protection is key.

Discussing sex with your teen may feel uncomfortable at first, but it could allow you to instill your values in your child instead of he/she making sexual decisions based purely on the advice of friends and other outside influences.

### ***Connect with Other Moms about Teen Sex***

Join the conversation:

- [Would You Buy Your Daughter a Vibrator?](#)
- [Teen Sex Talk](#)
- [Teens Losing Virginity](#)

### ***Related Momlogic Stories on Teen Sex***

1. [12-Year-Olds Are Having Sex](#)
2. [Raunchy Rap Lyrics Lead to Teen Sex](#)
3. [Is Bisexuality a Teen Trend?](#)

### ***Additional Resources for Teen Sex***

- [Advocates for Youth](#)
- [Students Against Destructive Decisions \(SADD\)](#)
- [Planned Parenthood](#)