

Tips for Talking with Your Parents



It's not always easy to talk with your parents about things like sex and STDs. Wondering how to talk with them about STD testing? Here are some suggestions:

1. Give your parents a heads-up by scheduling your talk in advance. Just say something like, "Can we have a private talk tonight?" If you're nervous, it's okay to say so! Break the ice with something like, "This feels weird for me to talk about, and it may be for you, too, but I want to tell you ..."
2. Think about how you want them to be involved. Often parents want to feel needed and involved in their children's lives. Make sure to tell them what role you want them to play in your decision making.
 - + You may want their valuable advice about whether you should continue having sexual relationships.
 - + You may want them to know about the choices you are making about safer sex.
 - + You may want them to give you suggestions about ways to protect yourself from infection.
 - + You may want one or both of your parents to go with you to get tested.
3. Confront the situation. You might say something like, "I'm making important decisions about sex, and I want to talk with you about getting tested for STDs."
4. Use your sexuality education. Parents want to make sure that you're informed about the risks involved in having sex. Educate yourself and tell them what you know about sexually transmitted diseases, and that you are protecting yourself. This may help your parents feel better about your decisions.

For more tips and resources, visit www.plannedparenthood.org/teen-talk.