

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.
6. 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.
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 strong, close relationships with your children that are built from an early age.

A final note: It's never too late to improve a relationship with a child or teenager. Don't underestimate the great need that children feel--at all ages--for a close relationship with their parents and for their parents' guidance, approval, and support.

This handout was adapted for material published by The National Campaign to Prevent Teen Pregnancy. (www.nationalcampaign.org).