



## Introduction to Guide [Let's Talk About Sex \(Digitally\)](#)

(Watch [Let's Talk introductory video](#). Closed Captioning available)

### Video Transcript

Let's be honest: Talking about sex with your child can be uncomfortable - for both of you! Sometimes we resort to euphemisms or simply avoid the conversation altogether.

But talking with your child about sex has benefits for them. Research has shown a connection between parent-child communication about sex and healthy teen behavior. Teens whose parents or caregivers communicate with them about sex:

- Tend to start having sex later,
- Are more likely to use of birth control when they do start having sex, and
- Have fewer sexual partners as adolescents.

In contrast, the children of parents who don't communicate with them about sex may be less likely to use condoms or other contraceptives when they are sexually active. These adolescents communicate less with their sexual partners about sex, and also report feeling less able to negotiate safer sex with their partners.

Here's the bottom line: when parents talk about sex with their kids, kids are less likely to engage in risky sex.

The goal of this guide is to help you, as a parent or caregiver, feel more equipped to have these conversations with your children. Your child is listening, even if they don't appear to be!

What does this guide include? As you navigate the pages of this guide, you will find:

- Reasons parents and caregivers hesitate to talk with their teens about sex - and ways to meet the challenge!
- Why technology - such as text messaging and sharing videos or links - might provide useful tools for having these conversations
- Resources to increase your comfort talking about sex with your teen, including information to increase your knowledge base, tips on how to have these conversations, and what teens are talking about
- Sexual health topics you may want to discuss with your teen

- Resources to help you become better equipped to use technology, including creative ideas for using technology to talk about sexual health
- Guides, samples, and more!

## References

### Parent-child communication about sex and healthy behaviors

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### Lack of communication associations with riskier behavior

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