

Conversation Starters

Tips for talking to your teen about birth control

- Don't assume school health education replaces the need for you to discuss contraception and avoiding unplanned pregnancy with your teen.
- Make sure that you're up to date on current birth control methods and the anatomy of the human body.
 - Long acting reversible methods are the most effective
 - All birth control methods require a condom
- The "one big talk" is a thing of the past. Sexual education should be an ongoing conversation and it's never too early to start talking.
- Be honest about your feelings and opinions on the subject, but also be open and willing to hear your teen out without judgement so they can feel comfortable coming to you with questions in the future.
- Be askable. Being askable means that you are listening to your teen as much as you are talking, that you're showing mutual respect and listening without judgement even if you disagree.
- Use social media, television, music or current topics to open the conversation.
 - "What do you think about ...?" is a great conversation opener.
- Share resources you have discovered that you feel are appropriate with your teen for more education and research. This will also create more conversation opportunities.
- Don't worry about having all the answers. Not having the answer is another opportunity to research and share conversation.