

# HEALTHY CONVERSATIONS, HEALTHY DECISIONS

How to discuss pregnancy prevention, abstinence, and other topics with your child

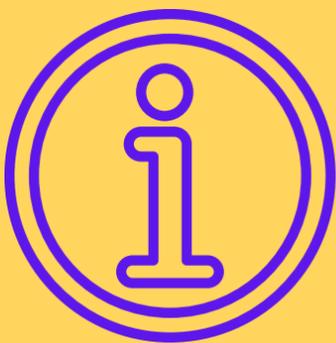
## TIPS & THINGS TO CONSIDER:

### 1. BE OPEN & HONEST

Creating a space for **open-mindedness** and **honesty** helps you and your child cultivate **trust!** This helps you make sure that your child is comfortable asking for help.



### 2. GIVE ACCURATE INFORMATION



Make sure the information you give your child is medically accurate and **up to date.** Refer to trusted websites and resources like *The World Health Organization (WHO)* and *The Center for Disease Control (CDC)*

### 3. REFRAIN FROM JUDGMENTAL COMMENTS

Try to stay **neutral** and **accepting** of your child's questions and choices.

Words like "gross," "nasty," and "irresponsible" can cause a young person to shut down.



### 4. KEEP CALM



If your child has questions about intercourse: **remain calm!** Young people are curious about their options, and asking questions **doesn't mean** they are sexually active or struggling with STDs.

## REMEMBER TO SPEAK WITH A DOCTOR!

A medical expert can give you and your child the most accurate and helpful information available

Contact us at [info@afcyouth.org](mailto:info@afcyouth.org)