

10 Tips for Parents and Trusted Adults to Help Young People Avoid Unintended Pregnancy

The National Campaign to Prevent Teen and Unplanned Pregnancy has reviewed research about parental influences on children's sexual behavior and talked to many experts in the field, as well as to teens and parents themselves. From these sources, it is clear that there is much parents and adults can do to reduce the risk of young people becoming pregnant.

Presented here as ten tips, many of these lessons will seem familiar because they articulate what parents already know from experience. Research supports these common sense lessons: not only are they good ideas generally, but they can also help young people delay becoming sexually active and encourage those who are having sex to use contraception carefully. For more information go to the National Campaign to Prevent Teen and Unplanned Pregnancy's [website](#).

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 your child or teenager. Don't underestimate the great need that children feel - at all ages - for a close relationship with their parents and other trusted adults, and for guidance, approval, and support.

Adapted from The National Campaign to Prevent Teen and Unplanned Pregnancy;
<http://thenationalcampaign.org/>