

A Tool Kit for Your Teen's



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Healthy Dating and Sexual Relationships

Warm Up

Think of 5 values that you want your child to take with them into their adolescent and young adult relationships.



Goal: To Nurture Sexually Healthy Adults



A Sexually Healthy Adult will....

- Appreciate one's own body.
- Seek further information about reproduction as needed.
- Affirm that human development includes sexual development, which may or may not include reproduction or sexual experience.
- Interact with all genders in respectful and appropriate ways.
- Affirm one's own sexual orientation and respect the sexual orientations of others.
- Affirm one's own gender identities and respect the gender identities of others.
- Express love and intimacy in appropriate ways.
- Develop and maintain meaningful relationships.
- Avoid exploitative or manipulative relationships.
- Make informed choices about family options and relationships.
- Exhibit skills that enhance personal relationships.
- Identify and live according to one's own values.
- Take responsibility for one's own behavior.
- Practice effective decision-making.
- Develop critical-thinking skills.
- Communicate effectively with family, peers, and romantic partners.
- Enjoy and express one's sexuality throughout life.
- Express one's sexuality in ways that are congruent with one's values.
- Enjoy sexual feelings without necessarily acting on them.

What is Human Sexuality?

Human Body

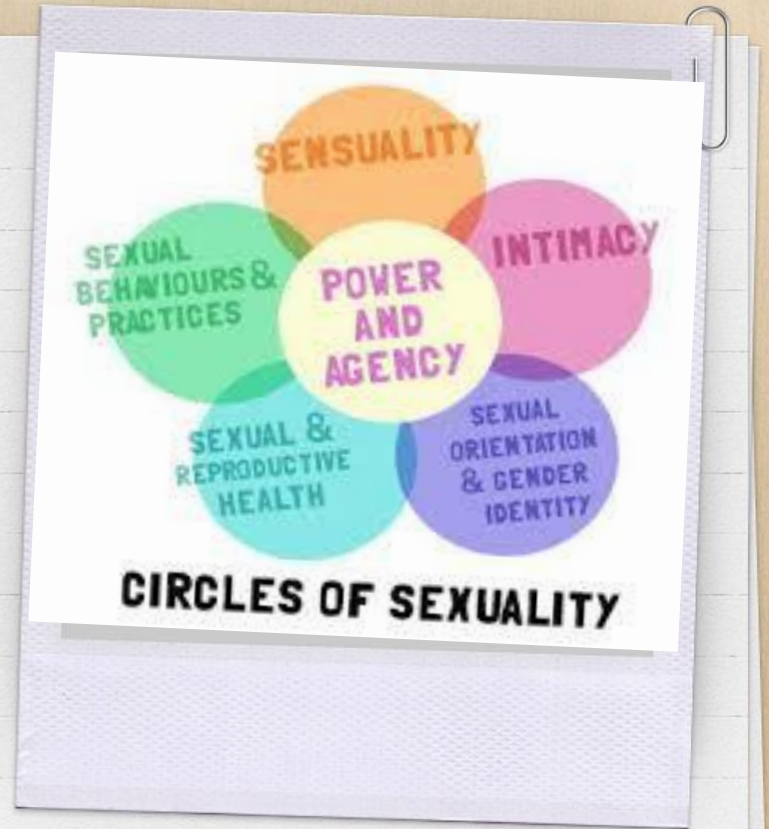
Intimacy as a human need

Boundaries and health

Gender

Meaning & values

Identity



Child
Development
(constant
growth and
change)



Intellectual
Physical
Psychological
Emotional
AND
Sexual

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Developmental highlights

- X Moody & sensitive
- X Very concerned about personal appearance
- X Can spend hours on social media and/or video games
- X A lot of peer pressure about what to wear, what music to listen to, how to talk, etc
- X Challenge ideas and authority of adults
- X Can be mean (stems from insecurity/fear of rejection and failure)
- X More interested in seeing many sides of an issue

Sexual development

- X Begin thinking more about future sexual selves
- X What is normal and when? become important questions.
- X Comparing own moral compass with those of peers
- X Social comparison is a big factor in decision making
- X Ready to discuss more complex sexual concepts in context.
- X More exposure to explicit sexual imagery and language in media
- X Pornography becomes a bigger topic of discussion
- X Some managing intense feeling of desire
- X Developing long term attitudes about sex and gender



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Developmental highlights

- X Preoccupied with transition to high school
- X Exposed to disordered eating and "bulking up"
- X Lots of sexual energy
- X Want acceptance; working to find a social group
- X Heightened social awareness - party scene
- X Confiding in friends over parents
- X Wanting more freedom and independence
- X Looking for boyfriend/girlfriend

Sexual development

- X What is normal and when? Continue to be important questions.
- X Need information about being in a romantic/sexual relationship, ie. healthy v unhealthy rel. characteristics
- X Need info regarding body image - media literacy important
- X Need guidance managing intense social/academic demands along with accompanying feelings of desire



- X Values framework increasingly important as they begin to act on curiosities and gain experience.

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Developmental highlights

- X More comfortable and confident
- X Lots of sexual energy
- X Considering next steps/adulthood - want to be seen as more mature/adult-like
- X More independence established
- X Questioning parental decisions; wanting different relationship with them
- X Idealistic
- X Thinking about what they haven't done yet

Sexual development

- X Need more equal conversations about sexual topics where parent mostly listens or offers different points of view (Sounding board)
- X Needs to feel like parents are in their corner and have confidence in the ability to make good decisions
- X May be experiencing more intense romantic/sexual relationships
- X May be feeling pressure to "do it and get it over with"
- X Looking for more mature intimacy with partner
- X Need info on taking care of themselves after HS, including their sexual health



Parental 5 Piece Suit

(5 needs; 5 jobs!)

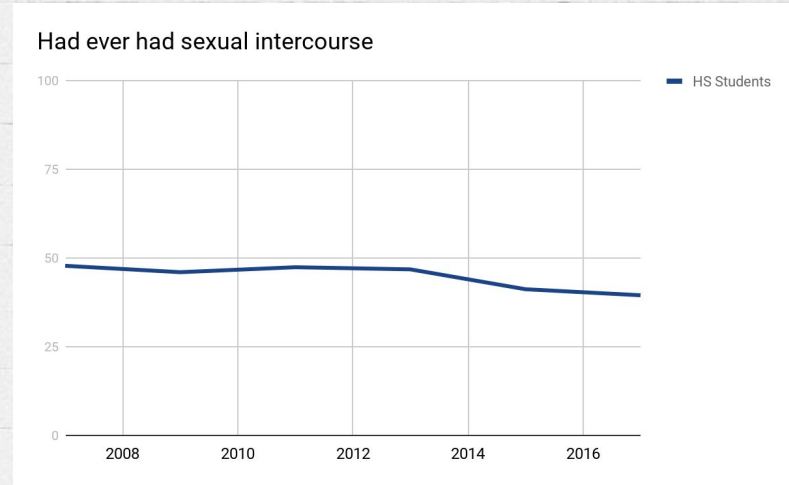
1. *Affirmation*
2. *Information*
3. *Values Clarification*
4. *Limit Setting*
5. *Anticipatory Guidance*



Trends & Norms: The Current Sexual Landscape

Sexual Behavior:

- Rates of sexual intercourse among teens is the **lowest** it has been since 1991.
- Among 15-17 year olds, 69% of boys and 72% of girls **have never had sexual intercourse**.
- Between 1991 and 2017 the percentage of high schoolers that **never engaged in sexual intercourse increased by 32%**.
- The decline is consistent across races and ethnicities.



Trends & Norms: The Current Sexual Landscape

Pornography

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AVERAGE AGE OF FIRST EXPOSURE

35%

OF ALL INTERNET DOWNLOADS ARE PORN

88%

OF SCENES IN TOP RENTED & DOWNLOADED
PORN CONTAIN VIOLENCE AGAINST WOMEN



Porn sites get more visitors each month than Netflix, Amazon, and Twitter combined.

A DAY IN THE LIFE OF YOUR CHILD'S SEXUAL MESSAGING



Askable Parent/Adult - Top 5!(ages 11-18)

“How old were you when you had sex?” Would you be mad if your kid had sex at 15?”

“Do girls really fake orgasms?”

“What is a blow job?”

“The first time you have sex it hurts, right?”

“Anal sex is gross. Why do people do it?”

Wearing the Five Piece Suit

1. Affirmation
2. Information
3. Values Clarification
4. Limit Setting
5. Anticipatory Guidance



CLOSING

Hopes + Fears: Here's mine. What are yours?

Hope:

That our children will feel affirmed and equipped to navigate sexual terrain as they move through adolescence and young adulthood.

Fear:

That we will fail to engage our children about sexuality, and they will not have the skills and information to create a healthy and fulfilling life.

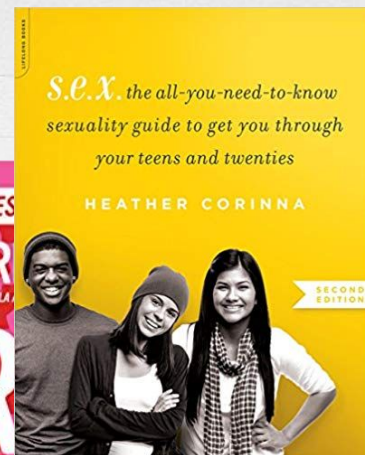
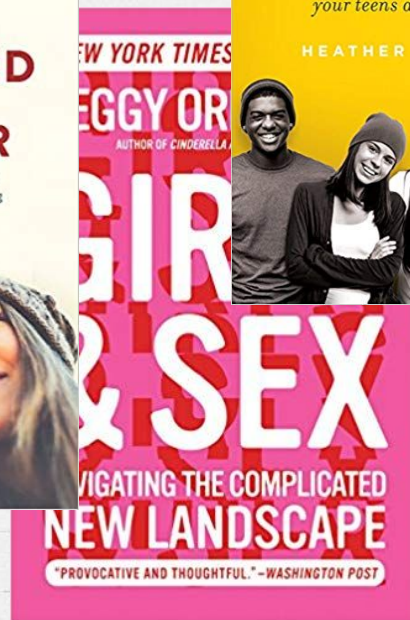
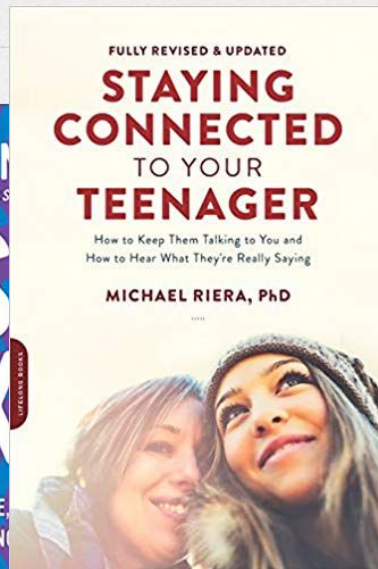
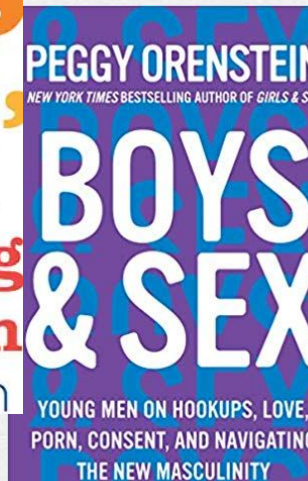
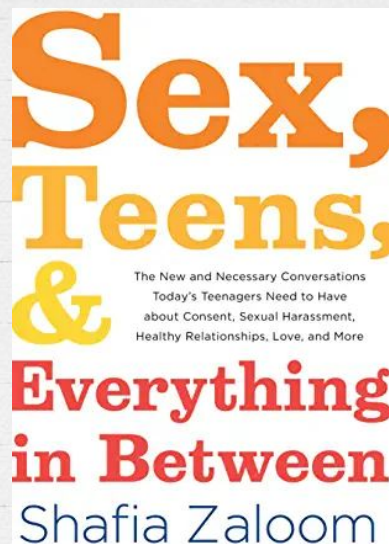
**AS A
MATTER
OF FACT:**

**TEENS GET MOST OF THEIR
SEX EDUCATION ONLINE
AND OFTEN TIMES, IT IS
NOT ACCURATE**

#Goals



Resources - website of books, articles and websites



Works Cited

1. CDC. Youth Risks Behavior Survey, 2007 - 2017
<https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf> Accessed 1/19/20

