

Start the Conversation

A practical guide for parents and caregivers of high-school-age teens.

Lead with connection: "You can ask me health questions. I may not have every answer, but we can find trustworthy information together."

Make room for facts and values

Choose a calm moment. Ask what your teen already understands. Discuss family values and faith while keeping health information accurate. Support their choice to wait and help them practice boundaries. Avoid teasing, blame, or asking them to share personal experiences in front of others.

Try these conversation starters

- "What questions do people your age have about puberty?"
- "What does a respectful relationship look like to you?"
- "How could you respond if someone pressures you?"
- "Who else could help if a question feels difficult to ask me?"

Support access to healthcare

Encourage regular checkups and help your teen prepare questions. Private time with a clinician is a routine part of adolescent care. Ask the clinic about privacy limits, portal access, and billing. Stay available and supportive without demanding a report of every conversation.

If your teen shares a safety concern

Listen calmly: "Thank you for telling me. You deserve help." If someone has hurt or forced them, seek professional support and prompt medical care. Immediate danger requires 911. RAINN's U.S. support line: 800-656-4673.

For teachers and group leaders

Use hypothetical scenarios, without personal disclosures. Follow school safeguarding procedures. Review age appropriateness and parent communication before classroom use. These materials supplement education; they do not create a clinical service.

[AAP: Your Checkup Checklist: 13 Years Old \(2025\)](#)

Additional sources: see the BCE Teen Reproductive Health Starter Guide.

RECOGNIZE • REASON • RESPOND

Learn the WHY, not just the answer. — Dr. Miry Fear

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