



IDEAS FOR PARENTS
WITH TEENAGERS



For more information and resources, go to
www.familyservices.govt.nz/parentingteens

For helpline support, phone Youthline on
0800 376 633 or free txt **234**

For email support, go to
parenttalk@youthline.co.nz



MINISTRY OF SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora

**TEENAGERS,
THEIR FRIENDS
AND SEX**



IDEAS FOR PARENTS WITH TEENAGERS

TEENAGERS, THEIR FRIENDS, AND SEX

They learn from adults, how their fathers are with their mothers, their aunts are with their uncles. Be clear about the consequences of their decisions.

SEX

At this age young people start getting interested in having a boyfriend or a girlfriend. That doesn't mean they want to have sex.

CLEAR THE MYTHS

Talk about relationships and sex. Share your values. Young people hear a lot of myths from their friends. If you don't talk things through they'll make choices based on these myths.

BE SUPPORTIVE

Relationships can be very intense and break ups painful. Respect that your child might be really upset – let them know you're there if they need you.

DON'T BE SHY

Talking about sex and sexual health doesn't mean your child will want to have sex. It will mean they have the knowledge to make good choices.

RESPECT

Teach them respect for the opposite sex. Boys sometimes need to learn about not pressuring girls into things they don't want to do. Girls need to know they can say no and ask for help – and sometimes boys do too.

THE HARD TRUTH

Talk through issues such as teenage pregnancy and the impact this might have on their options for the future.

FRIENDS

Teenagers are more influenced by their friends than ever. That makes the friends they have really important.

KNOW THEIR FRIENDS

Get to know your child's friends. Talk to them.

Ask their friends what their parents think about them drinking alcohol.

GROUP PARENTING

Talk with other parents and set rules together around alcohol, staying over etc.

BE AWARE

Make sure you know where your child is staying overnight, particularly when they're younger. Always know where they are. It's showing an interest in their lives.

BE HONEST AND CLEAR

Keep calm, be clear, talk about your expectations. Answer questions honestly, encourage them to ask for help.

HELP THEM SAY NO

If you're worried about your kid's friends, talk about it. They might be relieved that you give them an excuse to say no to something they feel uncomfortable about.

As parents we're happy to say no and be unpopular with their friends.

