



LET'S TALK ABOUT Sex

The more information they have, the safer your teen will be when they start thinking about having sex... and the more comfortable **you** are talking about it, the more comfortable your teen will be to ask questions.



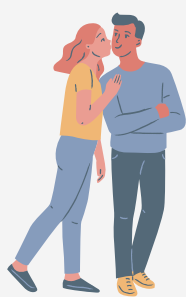
BUZZWORD: "CONSENT"

No doubt your teen is hearing the word **consent** everywhere, but what is their understanding of it? Here's how we suggest discussing the term:

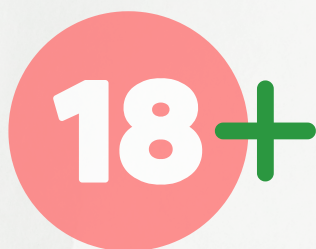
Consent is about **respect**; respect for their own **and** other people's bodies. Everyone (especially teens!) change their mind about things all the time & therefore consent can be given **and** taken at **any** point. Sex is much more fun if both people are excited to be there!



CATCHING MORE THAN FEELINGS



In Okanogan County, STI's among teens and young adults are on the rise. Cases of **syphilis**, especially, are showing up more and more. This means that condom use (for sex that involves penises**) is down. **Family Health Centers** offer free & confidential STI testing for teens as well as free condoms. **FYRE** in Omak & **Room One** in Twisp offer free condoms, pregnancy tests and Plan B.



Did you know that there are at least EIGHTEEN birth control options to choose from? Learn about how effective they each are at:

plannedparenthood.org/learn/birth-control



**Sex that involves penises

Sex is **not** always penis-in-vagina; sometimes it doesn't involve a penis at all! Penis-in-anus sex, however, benefits from more preparation since anal tissue tears easier than vaginal tissue and therefore is more susceptible to STI transmission. **Condom use & lubrication are very important** for both health and pleasure!

HPV Vaccine: Why so young?

Family Health Centers recommend the HPV vaccine around age 9. This is **not** done with the expectation that children that young are having sex, rather it is offered at that age because it is more effective at **preventing HPV transmission** if given multiple years **before** a person starts to have sex. It is also the best method we have yet for **preventing cervical cancer**!



WHEN & HOW

When is the right time to talk to your kid about sex, consent, body changes, love, STI's...? Chances are, your child is already learning about those things from friends, TV or the internet. To ensure they get **accurate** information in a safe place, visit **Amaze.org/parents** for tips about having "The Talk."



From the mouths of teens:

We asked young people in Okanogan County what they wanted from sex education and they said "we want our parents to know more." Seriously! They **care** what you think, even if they act like they don't at times. Young love is **real** for your teen and dismissing it only leads to feeling misunderstood and closing off communication. The more you know, the more they will feel safe asking!