

**Share your feelings and ask us about ours**

Tell us how you felt as a teen and ask what it's like for us. Discuss emotions, not just health and safety. Keep an open mind, listen to us, and encourage us to share.

**Show us why teen pregnancy is life changing**

Help us plan for our future and discover our goals. Explain how having a baby might change those goals and explain how to prevent pregnancy.

**Start early and keep the conversation going**

Talk to us about sex, love, and relationships early and keep talking as we get older. Encouraging us to talk and ask questions is just as important as you listening and giving advice.

**Tell me more**

[www.seicus.org](http://www.seicus.org)

[www.noplacelikehome.org](http://www.noplacelikehome.org)

[www.talkwithyourkids.org](http://www.talkwithyourkids.org)

[www.advocatesfor youth.org](http://www.advocatesfor youth.org)

[answer.rutgers.edu](http://answer.rutgers.edu)

**The Center Clinics for Health & Prevention**

**Free. Friendly. Confidential.**

**Reproductive health services and education for men, women, and teens including STI testing and Birth Control**

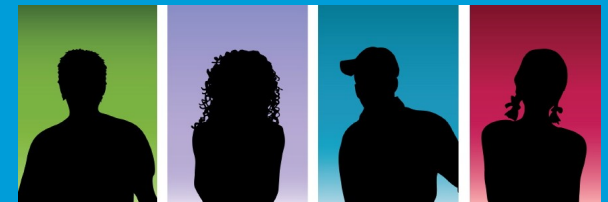
**Locations**

**SLO: 705 Grand Ave San Luis Obispo  
805.544.2478**

**AG: 1152 East Grande Ave, Arroyo Grande  
805.489.4026**

**Let's Talk...**

**What teens want you to know about "the talk" and preventing teen pregnancy**



**CAPSLO: Health & Prevention Education Department**

## Show us what responsibility looks like



We're influenced by what you do and by what you say. If you show respectful communication and responsibility yourselves, we will be more likely to follow.

One third of girls will become pregnant at least once before the age of 20.

## Speak Honestly about love, sex, and dating.

Just because we're young doesn't mean we can't fall in love. These feelings are very real and powerful so talk to us about it or help us find an adult who will.

## Asking about sex doesn't mean we're doing it

Just because we're curious or want to talk doesn't mean we're having sex. We need to know the facts to make informed decisions.

## We have questions and you have answers

How do I know when I'm ready to have sex? How do I say "NO" if I'm not ready? Should I wait till marriage? We may never ask, but we have lots of questions. Your answers matter.

## Words matter even if we pretend they don't

We may not admit it but we still want your advice. When we don't do exactly what you tell us to do, don't think you failed. Try again, and don't stop trying.

## Keep us safe by keeping us prepared

We need to know how to prevent pregnancy and STIs. Tell us how to say no and how to use protection or we may get the wrong info from someone else.



Many studies have found that adolescents who felt connected to parents and family were more likely than other youth to delay initiating sex.

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