

[Characteristics of Parents of Sexually Healthy Adolescents](#)**Parents of sexually healthy adolescents**

- Demonstrate value, respect, acceptance, and trust in their adolescent children.
- Model sexually healthy attitudes in their own relationships.
- Maintain a non-punitive stance toward sexuality.
- Are knowledgeable about sexuality.
- Discuss sexuality with their children.
- Provide information on sexuality to their children.
- Seek appropriate guidance and information as needed.
- Try to understand their son's or daughter's point of view.
- Help their daughter or son gain an understanding of their values.
- Set and maintain limits for dating and other activities outside of school.
- Stay actively involved in their son's or daughter's life.
- Ask questions about friends and romantic partners.
- Provide a supportive and safe environment for their children.
- Offer to assist adolescents in accessing health care services.
- Help their daughter or son plan for their future.

From *Facing Facts: Sexual Health for America's Adolescents*, SIECUS, New York, NY, 1995.