

Talking about Sexuality and Values

Parents' Sex Ed Center

Teens and parents: Before you do this exercise, please read the notes at the bottom of this page.

Teens: Complete this form by writing in the appropriate column the age at which you would feel comfortable engaging in the behavior. Later, ask your parents to fill in the parent column, and discuss the responses.

Parents: Complete this form by writing in the appropriate column the age at which you would feel comfortable if your preteen or teen engaged in the activity. Later, ask your teen/preteen to fill in the ages at which he/she thinks the behavior is appropriate. Discuss the responses.

When is it okay to ...		
	Preteen/Teen	Parent
Hold hands		
Kiss on the lips		
French kiss		
Participate in petting		
Go out in a group of friends		
Date		
Undress in front of a boyfriend/girlfriend		
Have sexual intercourse		
Live with someone without being in a committed relationship		
Enter a committed relationship with someone		

Notes to Teens and Parents

As you do this exercise and discuss your responses, please listen to each other. Ask the other person to talk about why he/she feels that an age is appropriate or acceptable for the particular behavior. Remember that these are individual values, not eternal truths; so, you can be open to different views and avoid being critical or judgmental.

Parents: It is important that you share your values. However, remember that as your teen moves into young adulthood, he/she will make private decisions about sexuality. You will have no control over those decisions.

Teens: It is important to listen to your parents and consider their opinions carefully, even as you express your own values. Their experiences and wisdom may help you to make difficult decisions; but in the end, the decisions are yours to make.

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October 2002 © Advocates for Youth*