

Age-Specific Examples for Sexual Violence Prevention

Teens (13-19)

Healthy Sexuality

Many parents - if they talk about sex at all - stop at the basics of consent and contraceptive use. However, if we are going to have a truly sexually healthy culture, we have to expand our conversations beyond risk and danger. We need to talk about sex as joyful and something people mutually enjoy. A key goal here is that your child gets to adulthood able to have sexual relationships that encourage mutuality, care, and joy.

Consent and Boundaries

Chances are, your teen will attend a party or two where alcohol and drugs are present. It's important to talk about substance use and how sometimes that can lead to sexual encounters that can range from embarrassing to assault. In those situations it is better to ask for their number and touch base when everyone is sober.

Sexting and Photo Sharing

Talk about the consequences of photo sharing. This includes the fact that once a photo or video is sent, they have no control over who sees it or who it is sent to from there - including other people at school, teachers, family members, and others. Depending on where you are, there could also be serious legal issues with sending or receiving sexually explicit photos or videos especially if the subject is a minor.

Body Image and Changes

Body image and puberty-related changes can be really challenging for teens. Teens hear what we are saying when we criticize our own or others' bodies. What is your relationship to your own body? How do you take care of and nurture your body? Talk about society's expectations about bodies - both women's and men's - and why they're not realistic.