



## ***How to talk to your child about contraception***

According to a recent teenage survey,<sup>1</sup> the ideal parent is someone who is:

- Understanding
- Fair
- Loving
- Honest
- Communicative
- Non-judgmental
- Respectful
- Responsible
- Confident.

Teenagers also want a parent who doesn't speak down to them, who enjoys spending time with them, and who appears outwardly confident.

It is therefore interesting to note that if you were to speak openly and honestly to your child about safe sex and contraception, you would fulfill all of these 'ideal parent' criteria!

### Essential information

Before you speak to your child, you must ensure that you have relevant, reliable, and accurate information to hand.

The main section of this website contains lots of useful information about all the common methods of contraception. This will allow you to familiarize yourself with the various advantages and disadvantages of each method, which in turn, will allow you to communicate factual, impartial advice to your child. For more information, click [here](#).

The website also contains essential advice about avoiding STIs, and the importance of practicing safe sex. For more information, click [here](#). Emergency contraception is also briefly discussed here.



## When to broach the subject

Finding a suitable time/circumstance to broach an emotive subject is one of the key factors which will determine whether you and your child communicate effectively. You will need to pick a time when you and your child have several hours to spare, and are not likely to be interrupted by outside influences. Perhaps you could arrange a day-out, far away from his/her other friends and family, to a place where you can speak candidly and privately (i.e. a place where your child is unlikely to become embarrassed). Have information to hand, so that you can check your facts and share them with your child.

## References

1. The ideal parent list. Updated September 2006. Source: [www.sexualityandu.ca](http://www.sexualityandu.ca)

## Common questions about contraception

Your child may have questions that you may not initially be able to answer. As a first reference point, check out our [Common Questions About Contraception section](#). If you don't know the answer to a particular question, don't make it up! Simply admit to your child that you don't know the answer, and promise them that you will find it out as soon as possible.