

# TIPS TO SPREAD AWARENESS AND PREVENT TEENAGE PREGNANCIES



Know if your teen is of the right age and state of mind to discuss sex education.

Select an appropriate time to talk, preferably when your teen is devoid of other distractions.



Take the help of a fictional character or literature to get your teen interested in the conversation.

Encourage your teen to abstain from sex and tell them they will have time for it when they grow older.



Teach your teen ways to say “No” to the sexual advances of their peers and avoid peer pressure.

Teach your teen about the importance of safe intercourse as a safety measure.



Encourage your teen to participate in programs aimed at promoting the use of contraception.

## References

1. Pregnancy Prevention in Adolescents; AAFP
2. Preventing Teen Pregnancy; CDC
3. Strategies and Approaches for Prevention; HHS