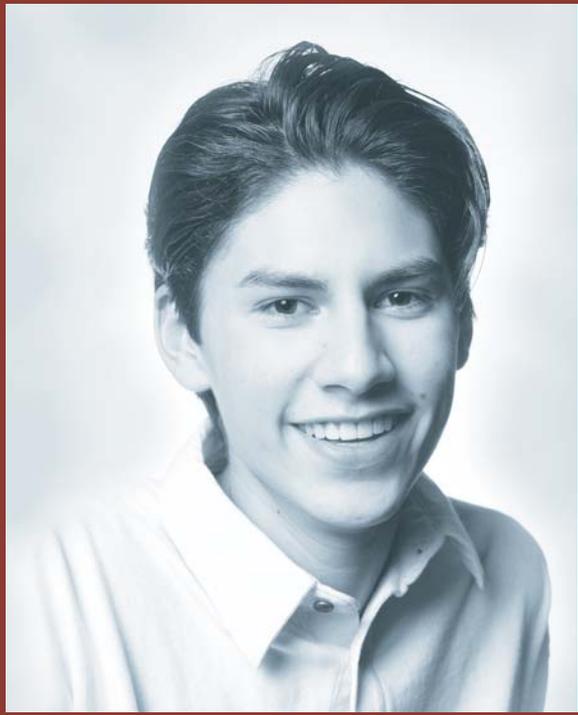


Most teens are afraid to ask their parents about birth control. Even if you do not use this information for a long time, it is important to know the facts about birth control.



Things to remember

- **Remember that your parents care about you and your health.** That does not mean that they will agree with you. They may feel that you are too young to have sex. They may feel that talking about birth control to you means that they think it is okay to have sex.
- **Your parents may need some time.** While some parents may be glad that their teen is asking them about birth control, other parents will not. If needed, give your parents time to think about what you have talked about.
- **Your parents may get mad or upset at first.** No one can promise that talking with your parents about birth control will be easy. Talking to your parents shows that you are acting in a responsible way.



For help or more information,
call your local health department
or the Info Connection toll-free at
1-800-545-1098

Talking *with* Your Parents *about* Birth Control



Why this is important

Deciding about sex and birth control are some of the most important choices you will ever make. Talking with your parents ahead of time can help you make good decisions.

For many teens, it is better to talk about using birth control and not sneak around. Talking openly and honestly can build trust between you and your parents.

Getting Started

The very best time to talk to your parents is before you actually need birth control. Ask their advice and let them know that you want their opinion.

Look for a good time to talk with your parents. Talking about serious things is easier when you already can talk about everyday things.

The hardest part may be getting started...

- Ask for a few minutes of their time
- Plan what you want to say
- Tell them that you need answers to questions you have
- If you are a girl, you may want to start by asking for help in getting your first pelvic (female) exam

When you talk

- **Listen to your parents.** Look at them when they speak.
- **Be considerate and kind.** Let them know when you agree with them.
- Even if it is hard, **don't talk back, interrupt or argue.**
- **Be honest.** Let them know what your worries are.

Other places and people who can help

If you are sure you cannot talk with your parents about birth control, there are other people you can talk to. Older brothers or sisters, other family members, teachers, counselors or nurses are just few of the people who can help. If you want to talk to a nurse or counselor in private, call 1-800-545-1098.

Don't take chances

Remember, if you have sex – even once – you can get pregnant. Using birth control allows you to decide if and when you want to have a baby. You can get free or low cost birth control supplies at public health clinics and other places. You can also buy foams, jelly and creams as well as condoms at drug stores.



Good times to talk are:

- When you and your parents are not in a hurry
- When you and your parents can have time alone
- When you and your parents can relax and talk
- When you and your parents are getting along well
- When birth control comes up in conversation or as part of a television show