

Empower them to 'say no' to sex. Having sex should be their decision, not just something that happens.

Sex and sexuality are a beautiful, natural and fun part of growing up when you are in control of who you share your body with.

Take control over what your child is learning about sex.

Teach your child how to deal with their emotions such as jealousy and friendship.

Pregnancy and parenthood can be much more positive experiences if the parents are fully developed emotionally, mentally and physically, and they have the resources to support the child's needs.

Go get contraceptives encourage them to have sex but will remove the fear or shyness factor.

Provide opportunities for your child to connect with elders.

Reasons NOT to have sex: to meet emotional needs,

abuse, boredom, promiscuity, peer pressure, the desire to look cool.

Getting tested for sexually transmitted infections before starting a new relationship is a good idea.

Explain what makes a positive relationship and what makes a bad one.

Help your kids make good choices about who their friends are.

Share first-hand experiences. You are their most important role model.

Building blocks to help you talk to your kids about sex and sexuality