



My Teen Has Had Sex, Now What Do I Do?: How to Help Teens Make Safe, Sensible, Self-Reliant Choices When They've Already Said "Yes"

Ph.D. Maureen Lyon, Christina Breda Antoniades

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A real-world guide to parenting a sexually active child that gives frank, expert advice on how to parent, rather than punish, your child into smart, safe, sensible choices

My Teen Has Had Sex, Now What Do I Do? gives parents unvarnished advice on how to deal with the myriad of parenting issues and concerns having a sexually active teen entails, including health risks such as STD's and pregnancy, disciplinary and boundary issues, heightened emotional vulnerability, and sexual peer pressure. Sample dialogues and scenarios help parents deal with common situations such as setting boundaries around sexual activity in the house, what to do if your child's partner is of legal age, and what your (and your child's) legal rights are around getting birth control and medical information. Parents also get advice on what signs to look for and what actions to take if their child is engaging in risky sexual behavior, including multiple partners or submitting to sexual pressure from peers or online. Most importantly, parents learn how to coach their children to be responsible, savvy, and accountable for their sexual decisions.

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