

# COMMUNICATION QUIZ

## FOR PARENTS OF TEENS

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### Have you and your teen talked together about:

- Dating
- Sexual activity, abstaining from sexual activity
- What to do if they are thinking about participating in sexual activity
- Birth Control
- Condoms
- Setting sexual limits
- Your values about sex (religious values, cultural values)
- HIV/AIDS
- Sexually Transmitted Infections (STIs)
- Love
- Consent
- Important qualities in a healthy relationship
- Qualities of an unhealthy relationship
- Respect for themselves and others
- Marriage, living with a partner
- Sexual pleasure, orgasm, masturbation
- Sexual harassment
- Sexual assault
- Sexual orientation
- Gender
- Body awareness, loving your body and self esteem
- Alcohol, drugs and sex
- Peer pressure
- What to do if they think they are pregnant
- What to do if they think they have an STI
- Media portrayals of sexuality and gender
- Social Media
- Pornography

### Scoring:

Give yourself one point for each box you checked.

- 20- 27 points:  
Congratulations, you are clearly a parent who is communicating with your teen!
- 11-19 points:  
You have begun talking to your teen about sexuality – keep up the good work!
- Ten points or fewer:  
Don't worry it is never too late to start or continue talking. Begin or continue today.

Adapted from: Debra W. Haffner, *Beyond the Big Talk: A Parent's Guide to Raising Sexually Healthy Teens*