

Teenagers And The Condom Conversation

The condom conversation. It's not an easy one, but it's one of the most important conversations you can have with your teenager. Sex education throughout most of the world lacks luster. Taking the conversation home is vital for your family as well as society. The risks of unwanted pregnancies, STDs and STIs are topics everyone should be up to date on.

Chlamydia is one of the most common sexually contracted infections found in Denmark today with 33,415 cases in 2017. Fortunately, however, chlamydia can be removed immediately. This is not the case for everything transmitted sexually when engaging in unprotected sex. Studies show that the earlier you talk to your child the more likely it is that they will make responsible choices for their futures.

What needs to be explained?

Among numerous youths and adults alike, condoms and other forms of contraceptives are all too often forgotten. Why is that? Contraceptives are not a topic unknown in today's Denmark. So how can the statistics show a continuous rise of STDs and STIs?

One of the leading causes of this phenomenon, is the discomfort felt by parents and caregivers surrounding the condom conversation. Another factor is the content of the conversation when it is taken. Explaining the practical use of a condom, why it provides protection, the risk of the condom breaking or not working and the consequences of not using it are only some of the factors that ought to be included.

If you are not familiar with all the names, symptoms and dangers of STDs and STIs, take some time to do a little research before you sit down and talk with your teenager. You may even learn something yourself. Be sure to include the emotional and mental consequences and responsibility that come along with sex – a detail all too often left out of contemporary sex-education.

Have the conversation often

Statistics show that, though sex-education is an integrated part of Denmark's national education curriculum, there are still a high number of adolescents and adults engaging in unprotected sex. The taboo surrounding sex in youth culture is one factor leading to an irresponsible sexlife. Next to education institutions, it is essential that the condom conversation is also taken at home.

Have the conversation multiple times and start early. Studies have shown that talking to your child about sex before they are a teen minimizes the taboo associated with it and makes the conversation easier later on, when more details are necessary.

If you suspect your child may have become sexually active, it's probably a good time to have the conversation again. The more often the conversation is taken up, the more likely responsible habits will be put in place for the rest of their lives.

Don't be afraid of the awkwardness

Unfortunately, in today's society, conversation topics pertaining to intercourse are often taboo for the young. However, sex is an integral and important element in Danish culture and eliminating the taboo by engaging in the conversation often can only have positive benefits for the entire culture.

Sex, contraceptives and the emotional and physical responsibilities associated with it, should not be something one should be afraid to talk about. Sex is a natural part of life and if parents project un-

comfortability around the topic, there is a risk that the child or teen will feel similarly. Teach your children that contraceptives are important for a healthy life and take the conversation today!