

# Talking with your teenager/rangatahi about **SAFER SEX**

Parenting teenagers can be exciting and rewarding. It can also be a challenge. Your teenager learns from watching you, however they may also learn by experimenting and risk-taking. You may worry about the choices they are making or worry that their friends have a negative influence on what they do.

**Should you talk to them about sex; or are you better to say nothing and trust their judgement?**

This pamphlet will give you some information on how to start talking with your teenager about safer sex and protection from pregnancy and sexually transmitted infections (STIs). It can be hard to talk about sex with your teenager, but it is important that you do. We know that teens who talk to their parents about safer sex are more likely to make healthy choices and protect themselves.

# STIs –

## THE FACTS

- STIs, especially chlamydia and gonorrhoea, are increasing among young people.
- Rates of these infections in New Zealand are many times higher than rates reported in Australia and the UK.
- STIs can lead to infertility (being unable to have children) or cause complications during and after pregnancy.
- They can be painful, cause a discharge, itching and bleeding. They can also have no symptoms and be unnoticed.
- The risk of getting an STI, including HIV, is greatly reduced by using a condom during sex.

## Questions and

## ANSWERS

### ***How many young people are having sex?***

We know that many young New Zealanders are having sex. One study found that over 20 percent of secondary school students were sexually active, while others suggest that 30 to 40 percent of 14 and 15 year olds are having sex.

### ***Will talking to my teenager about using condoms make them more likely to have sex?***

No, talking about condoms and sex will not increase the chance that your teenager will have sex. However it does increase the likelihood that they will use condoms if they do have sex. Condoms give protection from unplanned pregnancies and STIs.

### ***How do young people find out about safer sex?***

Parents have a vital role in teaching young people about sexual health. We know that young people also get information from other sources. A 2001 New Zealand survey found that school was the main source of information about sexual health for school students, followed by friends, then parents, magazines, books and television.

### ***Is it true that if an STI is left untreated it could cause infertility?***

Yes – untreated infection can go on to cause pelvic inflammatory disease and infertility (the inability to have children) It is also possible for a baby to be infected during childbirth.

# How you can help your teenager

# PROTECT THEMSELVES

## Discuss the wider issues

Teenagers/rangatahi need to know the facts about STIs and the need for safer sex. Understanding that sexual relationships also involve caring, concern and responsibility is important as well. Discussing the emotional aspects of a sexual relationship will enable teenagers to make better decisions in their relationships.

## Consider the world your teenager lives in

Young people are constantly receiving messages about how to behave sexually from the media, youth culture, friends, family, religion, and music. These messages can be exciting and persuasive; misleading, conflicting and confusing. Ensure your voice is the voice of reason and includes many positive messages.

It is helpful for young people to think about their own values about sex and sexuality, and decide what they feel comfortable with before getting into a sexual situation. It's OK to say 'no' to sex. They need the skills to say 'no' if that's what they choose. They also need to know how to protect themselves if they do have sex.

## Give clear and simple messages

Using condoms during sex can give protection from pregnancy and infections such as chlamydia, gonorrhoea and HIV. An untreated infection can lead to complications during pregnancy and may result in infertility.

Condoms must be used correctly and used every time a person has sex to be effective.

## Provide further information

There are a number of resources on sex and sexuality developed for young people. These include information about STIs and safer sex. Have these available to reinforce your messages.

Contact your local Family Planning Association or Sexual Health Service. The Family Planning Association has several useful resources for young people and parents including:

**Open and Honest** – a booklet for families on how to communicate with children about sex and sexuality.

**Your Choice** – a booklet for young people making decisions about sex, relationships, drugs and alcohol.

# Te Kōrero ki ō Tamariki/Rangatahi mō

## TE AI HAUMARU

He mahi whakaoho mauri, he mahi whai hua te whakatupu taiohi mā te matua. Engari i ētahi wā he pūkauranga nui kei roto. Ako ai tō tamaiti taitamariki i te mātakitaki ki a koe. I ētahi wā ako ai ia mā te whakamātautau tikanga hou, mā te whakatata atu ki te raruraru. I ētahi wā ka māharahara pea koe mehemea he tika te huarahi e takahia ana e tō taitamariki, kei te tōtika rānei ōna hoa. Arā, kei kawea ō tamariki ki ngā huarahi hē e aua hoa. Me āta tohutohu rānei koe i a rātou kia kaua e moe tahi me tētahi atu, me nohopuku rānei koe i runga i te whakapono he mōhio rātou ki te whakaaro?

Kei tēnei mātāre e tahi kupu tohutohu me pēhea e tīmataria ai he kōrero ki tō taitamariki mō te ai haumarū, te ārai hapū me ngā whakapokenga taihemahema, tukuna ai ki te hoa moe mā te ai (STI). He uaua pea te kōrero ki ō taitamariki mō te ai haumarū, engari he mea nui kiā kōrero koe ki a rātou. Kei te mōhio mātou ko ngā taitamariki kōrerorero ai ki ō rātou mātua mō te ai haumarū, he kakama kē atu ki te whai i ngā huarahi haumarū, ā, he mōhio ki te tiaki i rātou anō.

### Ngā STI - ngā kōrero pono

- Ko ngā whakapokenga taihemahema, tukuna ai ki te hoa moe mā te ai (STI's), kei te piki haere i waenganui i te hunga taitamariki, arā, te chlamydia, te mate paipai, me te pānga o te Whakaruihī Ārai Mate HIV ki te tangata.
- I Aotearoa, kei runga kē atu te pāpātanga o ngā STI i tērā kei te kitea i Ahitereiria me Ingarangi.
- Ka matapā, arā, ka pākoko pea koe i ngā STI, (arā, kāre e taea te whānau tamariki), ka pāngia pea e ngā whakaruihī i waenga, i muri hoki i te hapūtanga.
- I ētahi wā ka mamea, ka kitea he mātūrunga para, ka ngāoko rānei, ka toto rānei. I ētahi wā kare kau he tohu, kāore rānei e mōhioia kei reira.

• Engari e kore e pērā rawa ki te whakamahia he pūkoro ure ki te ai.

### He Pātai me ngā Whakautu

#### *Tokohia ngā taitamariki kei te ai i enei rā?*

Kei te mōhio mātou he tini ngā taitamariki o Aotearoa kei te ai. I tētahi rangahau i kitea 20 ōrau o ngā ākonga kura tuarua kei te ai i ēnei rā, ki ētahi atu, 14 ki te 15 ōrau o ngā taitamariki 30 ki te 40 tau, kei te ai tangata kē i ēnei rā.

#### *Ki te kōrero au ki aku taitamariki mō te whakamahia pūkoro ure, ka kaha ake rātou ki te kimi hoa mō te ai?*

Kāo, ki te kōrero koe ki ō taitamariki mō te whakamahia pūkoro ure, me te ai, e kore rātou e kaha ake ki te kimi hoa mō te ai. Engari, e mōhioia ana mā reira ka kaha ake rātou ki te whakamahia pūkoro rātou ina tīmata ki te moe i tētahi hoa. Ko te hua o ngā pūkoro ure he ārai atu i ngā hapūtanga ohorerere me ngā STI.

#### *He aha i whakaarotia ai he mea nui kia kōrero ngā mātua ki ā rātou taitamariki mō te ai haumarū?*

He wāhi tino nui tā ngā mātua, ki te ako i te rangatahi mō te orange hōkakatanga. Kei te mōhio mātou ka riro mai ngā kōrero i a rātou i ētahi atu wāhi. I tētahi tiro whānui i Aotearoa i te tau 2001 ko te kura te puna matua o ngā kōrero mō te hauora hōkakatanga mā ngā tamariki kura, i muri ko ngā hoa, i muri ko ngā mātua, ngā mōhēni, ngā pukapuka me te pouaka whakaata.

## Āe, kāo rānei, kei te tika te kī, ki te kore e āta rongoātia tētahi STI ka noho matapā koe, e kore koe e kaha ki te whānau pēpi?

Āe — ki te kore e rongoātia ngā whakapokenga ka pāngia pea te tangata e ngā mate kakā o te kōpū, me te pākoko (te korenga e taea te whānau tamariki). I ētahi wā ka pāngia te pēpi e ngā whakapokenga i tōna whānautanga mai.

## Tō mahi ki te āwhina i tō taitamariki ki te tiaki i a ia anō

### **Me matapaki i ngā take whānui i te taha**

Ahako e tika ana kia mōhio ā tātou taitamariki/rangatahi ki ngā kōrero pono mō ngā STI me ngā tikanga mō te ai haumarua, e tika ana kia mōhio rātou he mea nui hoki kia haere tahi me te moe i te hoa te aroha, te manaaki tangata me ngā haepapa mō te tangata. Mā te āta kōrerorero ki ō taitamariki mō te wāhanga ki te wairua i roto i te ai, ka pai ake tā rātou hanga tikanga mō tā rātou whakapiri atu ki te tangata kē.

### **Te titiro matawhānui**

He tini ngā tohutohu e rangona nei e te rangatahi o nāianei me pēhea tā rātou kawea i tō rātou hōkakatanga, mai i te hunga pāpāho, i te ao o te rangatahi, i ō rātou hoa, i ō rātou whānau, i ngā Hāhi, i ngā waiata, i te aha, i te aha. Ko ēnei kupu tohutohu he whakaoho mauri, he kawea whakaaro, he tinihanga i te tangata. He taupatupatu ngā kōrero, he whakapōhēhē i te tangata i ētahi wā. Ko te tikanga pai ia, kia noho ko tōu reo te reo whai whakaaro, ā, kia nui ō kōrero papai mō te kaupapa.

E tika ana kia wātea rātou ki te whiriwhiri tikanga mō te ai me te hōkakatanga, me ngā mea e tika ana, ki ō ratou whakaaro, i mua rawa i te moe i tētahi hoa. Kei te pai kia kī atu 'kāo' ki te ai. E tika ana hoki kia whai pūkenga rātou e taea ai te kī 'kāo',

mehemea koinā tō rātou hiahia. Me mātua mōhio rātou ki te tiaki i a rātou anō, ki te ai rātou ki te tangata kē.

### **Kia poto ngā kupu tohutohu, kia mārara tonu**

Mā te whakamahi pūkoro ure mō te ai, ka āraia atu pea te hapūtanga, me ngā whakapokenga pēnei i te chlamydia, i te mate paipai, me te Whakaruihī Ārai Mate HIV. Tērā pea ka hua ake ko ngā whakararu i te hapūtanga, ka matapā rānei te tangata, i ngā whakapokenga kāore e rongoātia.

Kia taea ai te tinana te tiaki, he mea nui kia tika te whakamahi pūkoro ure, ā, me whakamahi pūkoro i ngā ainga katoa a te tangata.

### **Hoatu ētahi atu kōrero.**

Tērā ētahi rauemi mō te ai, mō te hōkakatanga hoki, he mea āta tuhituhi mārire mā te taitamariki. Kei ēnei ētahi atu kōrero mō ngā STI me te ai haumarua. Whakawāteatia ēnei rauemi — hei tautoko i ō kupu tohutohu.

Whakapā atu ki tō Pouāwhina Taihema, ki tō Ratonga Ora Taihema rānei. Kei te Family Planning Association/Tiaki tō Whakapapa, ētahi rauemi papai tonu mā te rangatahi me ngā mātua, inā rā:

**Ngā Mātua – Māhorahora, Korero Pono** — he mātāreke mā ngā whānau mō te kōrerorero ki ngā tamariki mō te ai me te hōkakatanga.

**Your Choice** — He pukapuka mā ngā taiohi mō ngā whiringa mō te hōkakatanga, mō ngā piringa ki tētahi hoa, te tarukino me te waipiro.

For further

# INFORMATION:

- Family Planning Association education courses for parents, information about puberty and teenage sexuality – [www.familyplanning.org.nz](http://www.familyplanning.org.nz)
- Local Iwi health organisations
- The Word – [www.theword.org.nz](http://www.theword.org.nz)
- Presbyterian Support Services – [www.ps.org.nz](http://www.ps.org.nz)
- Relationships Aotearoa – [www.relationshipsaotearoa.org.nz](http://www.relationshipsaotearoa.org.nz)

**Remember, the message to your teenager is simple:  
If they are having sex,  
they should use a condom – every time.**

## ĒTAHI ATU KŌRERO:

- Ngā kaupapa akoranga Family Planning Association mā ngā mātua, ngā Kōrero mō te tānetanga me te wahinetanga o te tinana me te hōkakatanga o te taitamariki – [www.familyplanning.org.nz](http://www.familyplanning.org.nz)
- Ngā Whakahaere Hauora ā-iwi
- The Word – [www.theword.org.nz](http://www.theword.org.nz)
- Presbyterian Support Services – [www.ps.org.nz](http://www.ps.org.nz)
- Relationships Aotearoa – [www.relationshipsaotearoa.org.nz](http://www.relationshipsaotearoa.org.nz)

**Kia maumahara, he māmā noa iho te kupu tika  
ki tō taitamariki: Mehemea kei te ai ki te tangata kē me  
whakamahi pūkoro ure rātou – i ngā wā katoa.**



New Zealand Government

This resource is available from [www.health.govt.nz](http://www.health.govt.nz) or the Authorised Provider at your local DHB.

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