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PARENTS AND TEEN SEX

Do kids care what parents think? New research shows parents play a significant role in teen sexual decisions

October 19, 2009 (Ottawa) – A new study released today by the Institute of Marriage and Family Canada reveals that parental actions do influence teen sexual behaviour significantly. “Parents will be relieved to know that teaching your teens about sex doesn’t come down to just ‘the talk.’ It’s about actions and values conveyed over a longer period of time,” says researcher Peter Jon Mitchell.

The study uses data from Statistics Canada’s *National Longitudinal Survey of Children and Youth* to draw correlations between parent behaviours with children and teen decisions about sexual activity eight years later.

Some of the top findings include:

- Childhood home environments do have an important effect on teen decisions about sexual activity
- Parental behaviours like drinking and smoking can affect future teen sexual activity
- Family structure has an effect on teen sexual activity

“Sexual activity for teens is fraught with risk,” says Mitchell, “and most parents agree delaying sexual activity is for the better. It’s encouraging to know that parents can play a role, and most importantly, that their teens want them to,” concludes Mitchell.

The study *Rated PG—How parental influence impacts teen sexual activity* can be read in full in English, [here](#).

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