

# Dating, Relationships, And Sexuality: What Teens Should Know

## Dating. Relationships. Sex.

Is there any part of life you find more confusing? Your parents and the other adults in your life probably try to talk to you about all this but fall far short of being truly helpful. *Dating Smarts* tells teens just like you the truth about dating, relationships and sex. It gives you practical, real-world tips and support so you can be a great boyfriend or girlfriend.

### You'll learn:

- Your values about sexuality, dating and relationships
- How you will know you are *really* ready for a sexual relationship
- How to ask someone out and how to kindly say "no" if someone asks you out
- How to safely escape from a terrible date
- All the elements of healthy relationships so you know what to expect
- Other people's first time experiences
- Practical advice about sexually transmitted diseases and birth control
- Where to get help if you need it
- Other great resources about dating and sexuality

Short and to the point, *Dating Smarts* will give you just enough information to feel tons smarter about your romantic life. Whether you are a girl or a guy; straight, gay or something in between; in a relationship or not; there's help for you here.

I love this book. Amy doesn't judge you for your dating choices, she just wants to make sure that you know what you want and are staying true to yourself. Amy rocks. Buy this for your teen, even if they say they don't want it. It's important to get the facts not the fairy tale.

— *Margit Crane, M.A., M.S., M.Ed*

I bought this book for my teenage daughter who just fell in love for the first time and I can tell it is making her think. Our discussions about relationships and her own attitudes about sex are far richer since she started reading it. This book does a great job of making you think about values and character without being at all preachy.

— *T. Cox, Mom*

\$12.95

**AMY LANG, MA**, founder of **Birds + Bees + Kids®**, helps parents and other adults talk to kids and teens about sexuality, love and relationships.

**BirdsAndBeesAndKids.com**

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and kids. Here's how to talk about puberty, sex, and growing up with your teen. Top 7 Signs Your Teen's Romantic Relationship Isn't Healthy Mom talking to What Parents Should Know About Teens and Online Dating Establish rules.guidelines for characteristics that a healthy relationship should include: Teens need to know the difference between dating and sex. Dating is not an avenue to.They opine parents should handle teens and their relationships with They should be allowed to date so that they get to know everything better. Teenage dating and their relationship should not be discouraged but sexual.Teen Dating Violence: What Parents and Teens Should Know doesn't just come in the form of physical abuse; it can also be emotional, psychological or sexual. For Teens: Be Alert to Signs of an Abusive Relationship. Do.All relationships should be based on respect and honesty, and this is especially important when you decide to date someone. an interest in things that are important to each other; Respect one another's emotional, physical and sexual limits.Teenage relationships can be a new and exciting experience where teens discover This can also be a confusing time for teens. If you're going to have sex, you and your partner need to make a plan to How do you heal a broken heart?.How do I help my teenager know where to "draw the line" physically in relationships with the opposite sex? How far Practical application: prudish as it may sound, we'd suggest that dating teens need to set the physical limit at modest kissing.Researchers studying teenage dating and romance find potentially positive to say you have a boy- or girlfriend," and to start to know the opposite sex. . Kids need to know that it's the quality of the relationship, not simply.These guidelines cover what information children need to know and what skills they that relationships with parents can be difficult during the teen years, but that considerations of dating, and about the potential for exploitive relationships.In some ways, talking about romantic and/or sexual teenage relationships is like strategies for what your child should do if she feels unsafe or threatened.Even if you think you know everything you need to know about sex, take a few minutes and read on. other teens may want to wait until they feel their relationship is ready. Check the expiration date on the package.Dating customs have changed since you were a teenager. interacting with their same-sex friends as they do with members of the opposite sex. equal time should be devoted to thoughtful discussions about love as the most It is a very important relationship to teenagers, and it's important for another.While the information about sexual coercion is limited, it contains accurate answers to Relationship Traffic: An Intimate Partner Abuse Prevention Curriculum for Teen Dating Violence - What Parents Need to Know: This brief online fact.Girls need to feel good about themselves before they start to date, says His advice: only date if you know yourself and know you want to date. Most teens say they've never felt pressured to be in a relationship before Girls who go out with older guys are more likely to have sex before they're ready.Lots of teens are having sex, but that doesn't mean they are actually liking it (no matter what they say). Is this answer still relevant and up to date? . If you are lucky enough to be in a relationship the first thing

you must do is ENJOY being in .35% of Teens Have Some Experience with Dating or Romantic Relationships; 5% of teens are in a current romantic relationship, but do not consider it to be serious. Some 30% of teen daters say they have ever had sex. Teenage hormones impact the physical growth, mood, emotions, Your interest will help you start your relationship from a basis of friendship. world of dating and sexuality need to know that no one should ever force them.

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