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There has been a lot of importance of sex education among teens so that they practice safe sex. However, lot of parents do not wish to talk to them about these things. Sex is always considered as a taboo in the Indian society. However, no parents will like that their children learn about it from other people or through other methods:

Following tips may help the parents in talking easily about sex education to their children.

The education must be started very early

The best time to start discussing about safe sex is during the early stages of life. One must not think whether the children will find it disgusting or icky to hear it. In fact, the interest on the topic will be increased. As a parent, one may like that more questions must be asked. Parents can also gauge about the aspects of sex that they know better. One always needs education about sex at a young age for avoiding external factors such as environment from molding their own beliefs about the same subject

Parents must know what to talk

Sex education is a very broad subject and everything is not covered under it. One must know about the exact things that should be talked about with the teens. One must begin with the behavioral and physiological changes. For example, a deep and a pronounced voice will be developed by the boys. On the other hand, girls will start menstruating and will develop big breasts. Interaction of boys and girls with each other may also be discussed. One must never be afraid of imposing own beliefs and values to the kids. Parents want them to grow as decent, dignified and productive individuals.

The communication line must be opened

The kids must be allowed to ask questions. Even though the questions are very embarrassing or complex, they must be asked. It is better that the kids come to know all this from their parents instead of outsiders.

Parents must never lie

Sex education is sugarcoated by many parents. The information is downplayed and the subject is made more innocent and wholesome to hear. The children always deserve to hear the truth. One has to remind himself that kids are provided of information that will help them in making right choices for the future.

Parents must develop trust

For some reason, certain fears are developed by parents when they talk about sexuality to their children. However, they must learn to trust the kids. This will lead to them indulging in safe sex.

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