

The 'Sext Talk' with Teens

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Photo Courtesy of: [TeenSafe](https://www.teen-safe.com/)

At this point, chances are you have already talked to your teen about sex and reproduction at some point. It might be time for the “sext” talk if you think your teen’s sexual curiosity is being shared and talked about online where teens tend to spend a majority of their time nowadays.

On average, it is estimated that 40 percent of high school students have sent or received a “sext” and 70 percent of teens admit to sexting with a significant other, according to [TeenSafe](https://www.teen-safe.com/). The organization advises parents to talk to their teens about sexting and teach them about how to protect themselves from potentially causing serious damage to their reputation.

Parents sometimes find it hard to understand why teens are sexting at such a young age. According to TeenSafe, between the ages of 12 and 13, preteens and teens look for information about sex in every way they can, especially the internet because it is so easily accessible. Seventy-seven percent of boys use sexting to initiate sex or sexual acts; 40 percent of girls use sexting to humor themselves while the other 34 percent of girls sext to feel sexy about themselves, according to TeenSafe. It is estimated that 61 percent of teens engage in sexual behavior because they feel pressured into doing it.

Girls are asked to send risqué photos 68 percent more often than boys, according to TeenSafe.

Although teens believe that there is no threats of pregnancy or transmitting diseases associated with sexting, they are exposed to other risks that can often have greater repercussions impacting their lives negatively, according to TeenSafe.

Parents should have the sext talk as soon as possible. Teens nowadays have cellphones and other devices at an early age. It is important for parents to start the conversation about social media etiquette and build a strong foundation that develops as your son or daughter ages. This will help facilitate those tough conversations once your teen gets older, according to TeenSafe.

TeenSafe has compiled a list of details to help your conversation with your teen go smoothly and in a positive direction. Here are some points that should be included in every “sext talk” with teens, according to TeenSafe:

- A sext lasts forever, with the potential to be saved, forwarded, and recovered years from now.
- Never send intimate texts to people you do not know in real life.
- Sexting leaves you vulnerable, giving another person all of the power in the relationship.
- If you witness inappropriate sexting, tell an adult.
- Teach them self-respect and to never feel pressured to do things they don’t want to do.
- There are legal ramifications that can negatively impact lives for decades.

For more information about TeenSafe or to learn more about ways you can help keep your teens safe, visit [TeenSafe.com](https://www.teen-safe.com/).