



## GCAPP PARENT TOOLKIT:

# What Teens Should Know About Human Sexuality

Between ages 14 and 18, teens are exploring identity, independence, and deeper relationships. Honest, age-appropriate information helps them make confident choices, understand their values, and build mutual respect. Without guidance, they may turn to unreliable sources or social media, leading to confusion or pressure to conform. In addition to developing earlier skills and knowledge, by the ages of 14 to 18 years old, teens should:

### 1. HAVE A SOLID UNDERSTANDING OF HUMAN SEXUALITY

- Understand that there are different types of sex (e.g., oral sex is considered sex and can lead to sexually transmitted infections)
- Understand differences in sexuality between heterosexuality, LGBTQ, celibacy, and abstinence
- Develop and reflect on their own values regarding relationships and sexual behavior.
- Recognize how media can influence perceptions and expectations about sex and relationships
- Be informed about contraceptive options (including abstinence) and understand the causes, prevention, and treatment of sexually transmitted infections (STIs)

### 2. UNDERSTAND SOCIAL PRESSURES AND UNDERSTAND THE RISKS OF CASUAL SEXUAL RELATIONSHIPS

- Understand personal relationships:
- They have a right to decide not to have sex
- Build and maintain healthy friendships
- Identify and explore expectations for future committed relationships or marriage (e.g. emotional support, companionship, raising children)
- Understand the balance between independence and responsibility needed at their age



## SOURCE:

Research compiled by Team GCAPP



GEORGIA CAMPAIGN FOR  
ADOLESCENT POWER & POTENTIAL  
Education • Prevention • Action  
For Adolescent Health