

Parents' fear of sex talk may see more teen pregnancies

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Minister Freddie Dixon has had "the sex talk" for three generations, and he's been on both ends.

"When we were growing up and we were reaching puberty, my father and my mother sat us down," Dixon said.

His parents gave them the sex talk.

"I did the same thing. I have two sons," he said.

Dixon did the same for his nine grandchildren, and as such, he's a strong supporter of [Planned Parenthood's Talk First](#) program.

"The most important reason for parents to talk first is so that kids don't receive wrong information from friends, or friends' siblings. Or when they do, they're empowered with factual information," Planned Parenthood of the Texas Capital Region's President Ken Lambrecht said.

A 2006 federal study showed teen pregnancies in Texas rose by more than 6 percent in one year, despite an increase in funding for abstinence only programs. Lambrecht said those numbers indicate the current system isn't working.

"Parents need to step in," he said.

Planned Parenthood recommends you begin teaching your kids about their body parts around age seven, and hold off on the cutesy names.

"Understand there's not a stigma attached anymore to a knee ear, or vagina. It's a medically accurate term to use," Lambrecht said.

He also recommends parents add more information as the child gets older, and talk about sex with them often.

"From Britney Spears' sister having a teenage pregnancy, to turning on a cartoon and there's a pregnant character, there's all these opportunities to bring it up," Lambrecht said.

Planned Parenthood offers free, 45-minute workshops to teach parents more tips. They can be held in homes, schools, at the office or in churches.

According to national Planned Parenthood research, teens reported they would prefer to get information about sex from their parents rather than any other source.

Planned Parenthood staff and volunteers compiled a Top 10 list of things kids hear about sex from sources other than their parents.

The list was unveiled at a Planned Parenthood event Friday in Austin:

10. The stork brings babies.
9. Babies come from the Baby Store, especially when there is a big sale.
8. You can get pregnant from kissing!
7. Babies come from belly buttons.
6. Sex is what Captain Kirk does with all those women on Star Trek.
5. Making babies is just like planting seeds in the garden. Except for the shovel.
4. Condoms don't work so don't even bother using them.
3. You know how not to get pregnant, right? No questions? Good.
2. Just wait, you'll learn about this at school.
1. Absolutely nothing.

According to the organization, Planned Parenthood is the nation's leading and most trusted sexual and reproductive health care provider. Planned Parenthood of the Texas Capital Region's three Austin clinics provide high-quality health care and education to more than 26,000 clients in Central Texas each year.

For more information on how to schedule your own workshop, visit www.ppaustin.org or call (512) 275-0171.