

“Conscious parenting is not about being perfect, it's about being aware. Aware of what your kids need from you to reach more of their full potential.” Alex Urbina

Eating Disorders

If you suspect your teen is dealing with an eating disorder, seek out help from an experienced therapist and talk with your pediatrician about connecting with a dietician. Help your teen develop a positive body image. Model this by accepting your own body. Speak positively of your body and others'. Instead of focusing on looks, comment on what your body can do or about the person's actions. It is not a family's fault if a child develops an eating disorder. Our children are raised in a society that values a body ideal that is not always healthy.

Sex Education

Instead of having “The Talk,” try multiple conversations about puberty, sex, and birth control and start these conversations early in childhood when you are comfortable doing so. Offer your child information, including values and consequences, and about options they will face. Talk about the many different ways of engaging in sexual behavior. Sometimes, teens think that their choices (consent, expectations, protection, enjoyment) are different for intercourse than for other types of behavior. Prepare for various scenarios they might encounter. Offer helpful books and websites that your kids can refer to later.

WEBSITES FOR ADULTS:

[Healthy Children](#)
[Parent and Teen](#)
[Positive Sexuality](#)
[Teen Years Explained](#)

BOOKS FOR ADULTS:

[Boys and Sex](#) by Orenstein
[Girls and Sex](#) by Orenstein
[Exploitation](#) by Pierce
[Ten Talks Parents Must Have with Their Children About Sex and Character](#) by Dr. Schwartz and Cappello
[Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood](#) by Dr. Damour

BOOKS FOR TEENS:

[Girling Up: How to Be Strong, Smart and Spectacular](#) by Dr. Bialik
[Queer: The Ultimate LGBT Guide for Teens](#) by Belge and Bieschke
[Scorpions](#) by Myers
[Stress Reduction Workbook for Teens](#) by Biegel
[This One Summer](#) by Tamaki

WEBSITES FOR TEENS:

[Scarleteen](#) Sex Ed for teens
[Young Men's Health](#)
[Center for Young Women's Health](#)

