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Adolescent sexuality and parent-adolescent processes: promoting healthy teen choices

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Laurie L Meschke Ph.D. ... Shannon R Zentall M.S.

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Abstract

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Trends in adolescent sexual health, the relation between parenting and adolescent sexual outcomes, and adolescent sexuality interventions with a parent component are reviewed. American adolescents have higher rates of unprotected sex and sexually transmitted infections contraction than adults and nine times the teen pregnancy rate of their European counterparts. Parenting efforts are related to adolescent sexual behavior. The review of 19 relevant programs supports the incorporation of theory and the ecological model in program design and evaluation.



Keywords

Adolescence; Intervention; Parents; Programming; Sexuality; Trends

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