

Have a confidential interview with the adolescent (including a sexual history).

Discuss the evolution of sexual identity and expression.

Discuss breast examination or testicular examination.

## 15 to 18 Years Old

Support delaying sexual activity.

Discuss alternatives to intercourse.

Discuss “When are you ready for sex?”

Clarify values; encourage responsible decision making.

Discuss consequences of unprotected sex: Early pregnancy; STIs, including HIV infection.

Discuss negotiating with partners and barriers to safer sex.

If the adolescent is sexually active, discuss limiting partners, use of condoms, and contraceptive options.

Emphasize that sex should be safe and pleasurable for both partners.

Have a confidential interview with the adolescent.

Discuss concerns about sexual expression and identity.

Data from Wright K: Anticipatory guidance: developing a healthy sexuality, *Pediatr Ann* 26(2 suppl):S142–S144, C3, 1997; Fonseca H, Greydanus D: Sexuality in the child, teen and young adult: concepts for the clinician, *Prim Care Clin Office Pract* 34:275–292, 2007.

One approach to initiating a conversation about reproductive health concerns is to begin with a history of peer interactions. Open-ended statements and questions (such as, “Tell me about your social life” or “Who are your closest friends?”) generally lead into a discussion of dating and sexual issues. To probe further, include questions about the adolescent's attitudes on such topics as