

### Examples of Strengths-Based Approaches to Adolescent Sexual Health

- Use sensitivity and maintain neutral language and body language with adolescents, **withholding judgment** related to sensitive subjects, such as sexual health, substance use, interpersonal violence, gender and personal expression, and mental health.
- Listen to teens and consider their viewpoints with respect
- Provide accurate information
- Reinforce healthy decisions



Take a moment to reflect upon an interaction where you discussed sexual health with a young person.

#### Reflection Questions:

1. Which strengths-based approaches did you utilize?
2. Were there any opportunities to make the interaction more strengths-based?

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**Youth:** “My partner and I started having sex, but we don’t use a condom. We trust each other...we don’t need to use protection.”

**Reflection Questions:**

1. What are some possible responses to this young person?
2. What strengths-based approaches could you use during this interaction?

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After a sexual health education workshop, a 16-year-old tells the adult facilitator the following:

**Youth:** “The last few times my partner and I had sex, we had both been out drinking with friends beforehand. I don’t even remember most of the night.”

**Reflection Question:**

1. What strengths-based approaches could the facilitator use in this situation?