

# Enhancing Adolescent Sexual Health via Digital Family Communication Activities

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## Digital Program Parent-Adolescent Communication Youth-Informed Design

### Introduction/Background:

- Comprehensive sex ed. & family communication promote safer sex behaviors
- Parents influence adolescent sexual health but often feel unprepared to discuss it
- Structured activities may improve parent-adolescent communication

### Let's Talk:

- A digital program supporting parent-adolescent sexual health communication
- Designed for parents and youth ages 10-13; self-paced, two-user format covering: puberty, relationships, and sexual health

### Purpose:

- Evaluate family communication activities on sexual health discussions
- Identify strategies to strengthen family involvement in sex ed.

### Methods:

- Youth Advisory Board members contribute youth perspectives to Let's Talk program development

### Onboarding process

- CITI ethics training & review of existing program content

### Ongoing work

- Developing new family communication activities to strengthen parent-adolescent discussions

### References:

Widman, Laura, et al. "A Digital Program to Promote Sexual Communication Between Early Adolescents and Parents: Development and Acceptability Testing Results." *The Journal of Sex Research*, 3 Nov. 2025, <https://doi.org/10.1080/00224499.2025.2574882>.

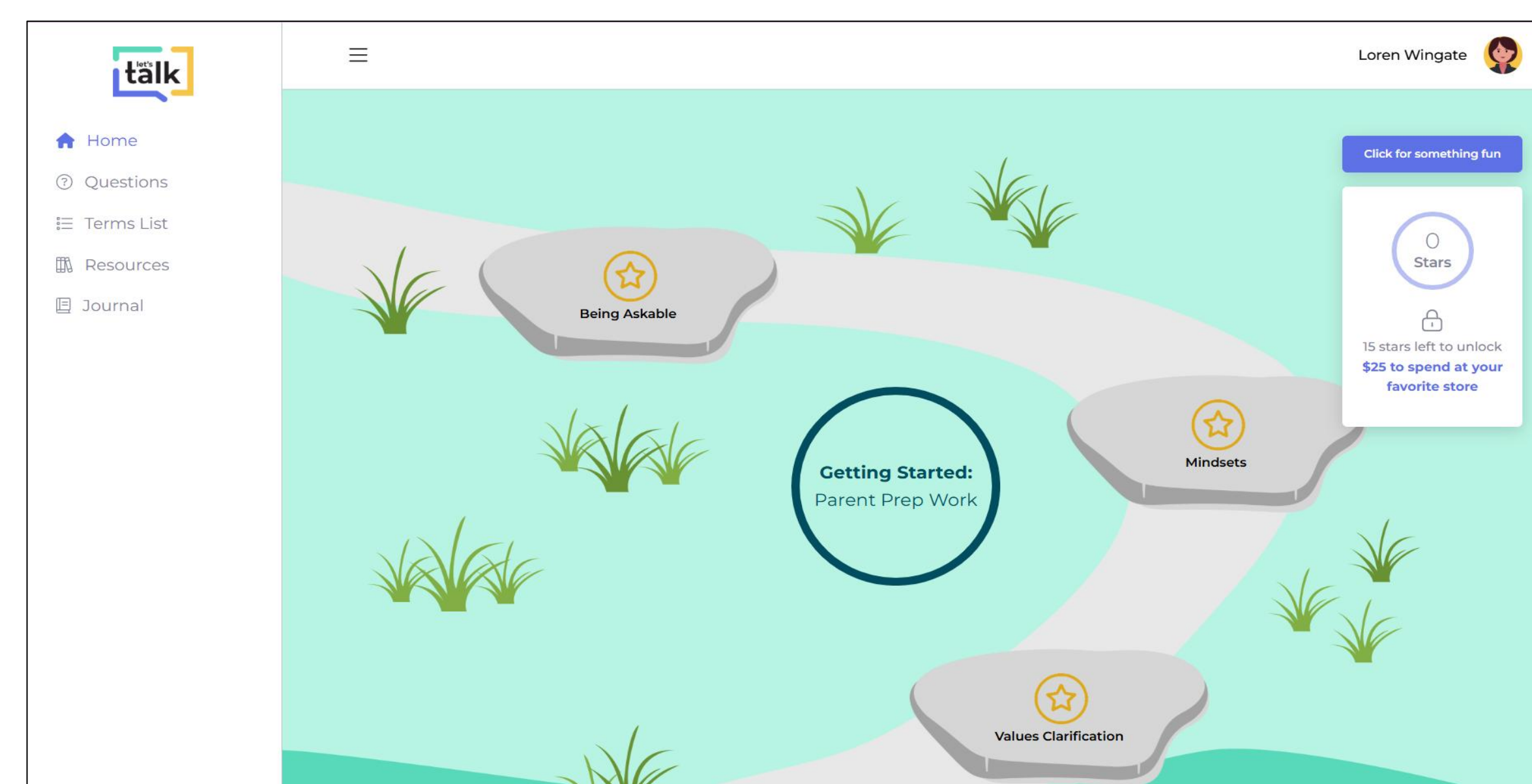


Figure 1. Let's Talk program interface showing the stepping-stone pathway families use to navigate units on emotions, puberty, relationships, reproduction, and identity

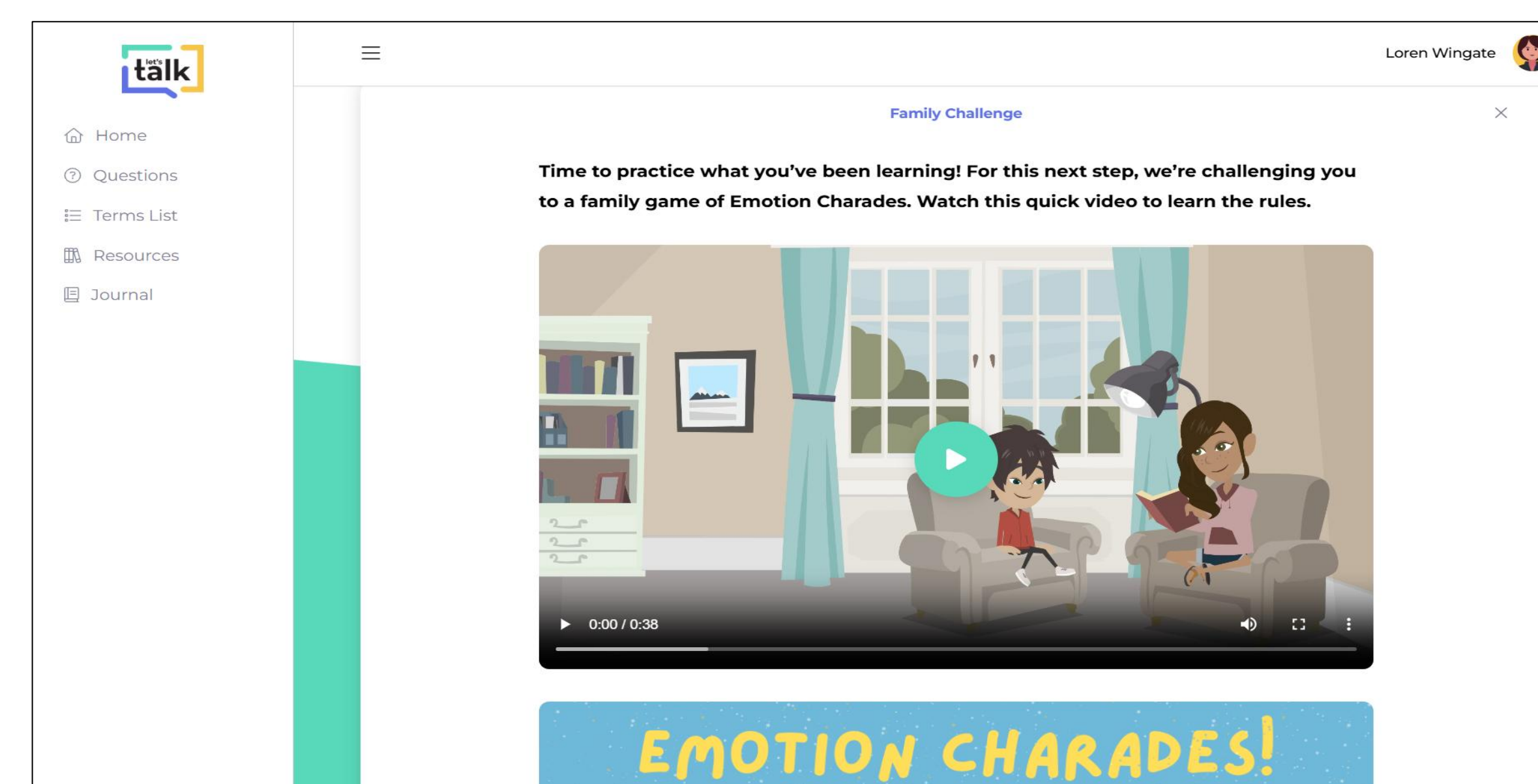


Figure 2. Example Let's Talk family activity interface featuring *Emotion Charades*, a guided activity designed to help parents and adolescents practice identifying and discussing emotions together

### Preliminary Results:

- Family communication activities are currently being developed and refined
- Topics include emotions, puberty changes, relationships, physical health, and sexual identity
- Guided prompts encourage parent-adolescent discussion & question sharing
- Further testing is planned for Summer 2026

### Conclusions:

- Youth-informed activities support family sexual health communication
- Early testing shows potential for scalable family intervention
- Pilot testing will refine modules & usability
- Increased parent confidence & adolescent comfort expected
- Improved family communication & health knowledge anticipated



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