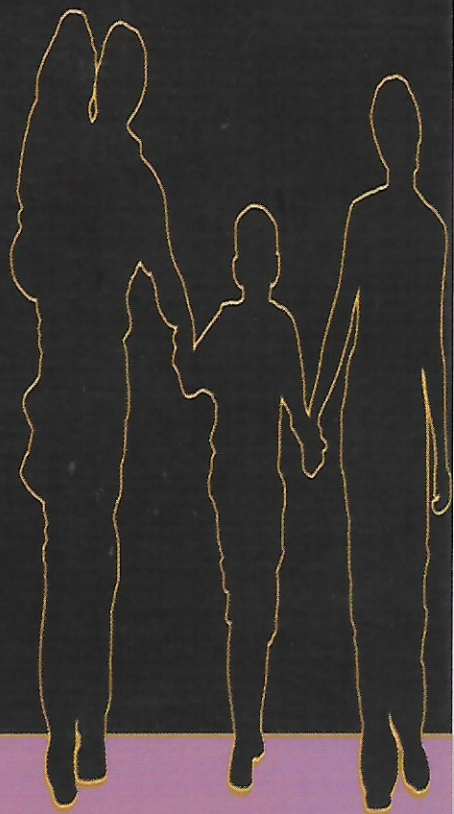


Young Voices: Results of the Young Adult
Fertility and Sexuality Study (YAFS 3) Qualitative Studies

Promoting adolescents' sexual health through responsive-supportive parenting

Maria Theresa Ujano - Batangan, PhD



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**PROMOTING ADOLESCENTS' SEXUAL
HEALTH THROUGH RESPONSIVE-
SUPPORTIVE PARENTING**

Maria Theresa Ujano-Batangan, PhD

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I. Introduction

Adolescence and parenting are oftentimes seen as anachronistic, this is because social beliefs and expectations hold that these two can never be in synchrony. Adolescence has oftentimes been seen as a period of defiance of authority, especially that of the parents' and a period of separation from the latter. However, recent studies have shown that this may not be a truism, as the parent-child dyad in the period of adolescence have been found to influence heavily the latter's development (Conaco et al, 2003; Santrock, 1998; Ujano- Batangan, 2002; Whirtier et al., 2004). Furthermore, subsequent studies attest to the finding that though adolescent identities are formed by achieving independence from parents, emotional attachment of adolescents to their parents remains important (Allison and Schultz, 2004; Brody et al, 2005; Collins, 2005; Freeman, 2002; Laird et al, 2003;).

Researches have shown that healthy attachment to parents is related to higher self- esteem, self control, and absence of problem behaviors among young individuals (Berker et al, 2004; Laird et al, 2003; Lynch et al, 2002; Parker and Benson, 2004; Santrock, 2004; Strom et al, 2003; Whirtier et al., 2004). Intimate relationships between parents and adolescents have been found to mediate the effects of crisis, buffers against psychological problems, and promotes positive mental health in subsequent development (Bronstein et al , 1998; LeCroy, 1988). Positive parent-adolescent relationship contributes to adolescents' competence in decision-making. Brown and Mann (1991) contended that for adolescents to be competent in making their own decisions, parents must give them the opportunity to do so. Thus, when parents facilitate high involvement in family decision making, adolescents become highly involved , too.

About the Author

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I would like to express my heartfelt gratitude to all the young people who opened their lives, shared their stories, and bared their hearts and souls to us, so that we can learn from them. -- Tess Batangan

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