

Parents are the biggest influence in their children's lives and it is important to keep the lines of communication open even on difficult subjects, including sex.

Pam Stenzel, an international speaker on abstinence, spoke to parents and adults about teenagers and sex during the United for Life banquet Sept. 20 at the Keith County Fairgrounds exhibit hall.

The event was hosted by the Ogallala Women's Resource Center.

Stenzel's talk was directed at parents and adults and how they can open up discussions about sex and abstinence with their children.

Although sex may be a difficult topic to discuss, Stenzel said it is a crucial conversation.

"We need to be involved and sharing our values and expectations with our kids," Stenzel said.

Stenzel said parents should not be friends with their children, and that they should act as parents and role models.

"I want parents to be encouraged to take on the role," she said.

During her presentation, Stenzel talked about the prevalence of sexually transmitted diseases.

"I get a lot of parents who think it's 1967 when one in 32 of their classmates were infected with an STD," she said.

Well, it's not 1967 nor is it 1982 when one on 18 were infected, she said.

Stenzel said today one in four teens are infected with an STD.

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