

**Title:** Mother-Daughter Sexual Communication: How providers can help!

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**Background:** Parent-adolescent sexual communication (PASC) has been shown to decrease adolescent's sexual risk taking behaviors, delay their sexual debut and decrease teenage pregnancies.

**Aims:** This study reports on the attitudes, beliefs, and knowledge mothers perceive as barriers and facilitators of sexual communication with their 11-14 year old daughters. By identifying barriers and facilitators, interventions and implement strategies can be created to optimize PASC and improve sexual health outcomes for female adolescents.

**Methods:** Mothers of adolescents' females were recruited via convenience sample and participated in semi-structured, one-on-one interviews. Transcripts were analyzed for themes and categories using Data Analysis and Interpretation by Hesse-Biber and Levy.

**Results:** Mother's perceived their role as a primary resource of sexual health information and educator. Data revealed the mothers felt confident in their content knowledge and ability to answer questions. Perceived barriers were lack of initiation of PASC by the adolescent and the mothers' fear of causing embarrassment to their daughter. Mother's perceived puberty and scheduled school based health talks as facilitators to PASC.

**Conclusion:** Finding of this study will educate providers on facilitators and barriers of PASC, as well as develop strategies and interventions that promote mother-daughter sexual communication.

**References:**

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