

# Parents & Kids, Talking About Sex ©

## *Talking with Your Child about Sex*

### **PURPOSE:**

The purpose of this workshop is to empower and prepare parents to talk with their children about sexuality issues.

### **A BRIEF DESCRIPTION OF THE WORKSHOP:**

This workshop helps parents identify the "How to..." communication tips, when and how to talk with children about sexual issues. Parents are encouraged to see sexuality education as their right and responsibility. They will learn when and what kids are asking, their most frequently asked questions at different ages, suggestions for answering these questions and how to be an "askable" parent.

### **LEARNING OBJECTIVES:**

At the end of the workshop parents will be able to:

- Discuss parents' right and responsibility to be their child's primary sexuality educator.
- Discuss the significance of the statement, "Kids learn by what you do, not by what you tell them."
- I identify why parents are their child's best sexuality educator.
- I identify how to prepare to teach their child God's plan for the gift of sexuality and fertility.
- Discuss the common barriers for communicating with children about sexual issues.
- Discuss ground rules to help children ask questions without fear of being challenged or judged.
- Determine who should talk with their child – mom, dad or both.
- Discuss what teachers are seeing and hearing in our schools
- I identify when, where and how to talk with children about sexual issues.
- Discuss how to have children write down questions ahead of time.
- Discuss what parents should say about inappropriate dress and inappropriate language and touch.
- Discuss how to protect children from the media and the internet.
- Discuss how parents can use the media to teach children how to love like Jesus loves.
- Describe how parents can support other parents to protect their children.
- I identify where children need to put "STOP" signs in their lives.
- Describe how to establish an escape route with their child whenever they find themselves in a dangerous situation.
- Review the recommended resource and book list.
- Answer parents' questions.