

Parents & Kids, Talking About Sex ©

Teaching Tools

Why use teaching tools and activities with your child?

Parents who have a more interactive communication style with their children are more effective than parents who dominate the conversation with their children.

Lefkowitz, E. S., Kahlbaugh, P. Au, T. K. et al. (1998). A longitudinal study of AIDS conversations between mothers and adolescents. *AIDS Education and Prevention*, 10: 351-365.

Although parents want to protect their children, kids report that lectures make them feel "unheard," "intruded upon," "disrespected" and "stupid." Dr. Ken Ginsberg advises parents to use alternative ways of communicating that a preteen can hear and understand.

"But I'm Almost 13!" An Action Plan for Raising a Responsible Adolescent by **Kenneth Ginsburg, M.D. with Martha Jablow.**

Great non-sectarian resources:

"But I'm Almost 13!" An Action Plan for Raising a Responsible Adolescent by Kenneth Ginsburg, M.D. with Martha Jablow.

See — Parents' Answers, *Raising Responsible Teens and Peer Pressure Survival Skills* to learn more about the book.

Gives parents step by step instructions on how to develop an interactive communication style with their children. Parents learn how to use role-playing, decision trees and choreographed discussions to explore consequences and alternatives with their children.

(2001) McGraw-Hill, ISBN 0-8092-9717-5, paperback

Project Reality – This group's material can give parents great ideas to use at home.

<http://www.projectreality.org/>

See — Parents' Answers, *Abstinence - great ideas from Project Reality*

- *I can do that* (grades 4-7) introduces ten virtues through short stories and verse. These are followed by discussion questions and activities to help children apply these virtues to their own lives.
- *Game Plan* (grades 7- 8) uses a sports theme approach to understanding the benefits of abstinence before marriage.
El Plan de Juego – Game Plan Spanish Edition (grades 7-9)
- *Navigator*, a high school text designed to help teens develop their goals and dreams and to resist negative peer pressure to engage in sexual activity or use alcohol, tobacco, and other drugs.

Great resources reflecting the teachings of the Catholic Church:

How to Save Sex for Marriage: A Family Workshop, part of the *Project Genesis Series*, is a four part program for parents and teens. Many activities can be used at home. It has received a *Nihil Obstat* and an *Imprimatur* from the Catholic Church.

- *How well do you know your parent?* and *How well do you know your teen?*
- *Family Values Interview*
- *Don't Just Do It...Do It Right*, parents and teens will identify character traits which support premarital abstinence.
- *The Readiness Questions*, helps parents and teens evaluate the teen's responsibility level.
- *Setting Standards* helps students avoid dangerous situations as well as begin to cultivate trust with their parents
(ISBN 1-885845-24-3), \$4.95, Leaflet Missal Company, St. Paul, Minnesota at 1-800-328-9582

Sex, Love & You: Making the Right Decision (2003 Revised edition)
by Tom Lickona, Judy Lickona and William Boudreau, M.D. (ISBN: 0-87793-987-X)
Ave Maria Press. It has received a *Nihil Obstat* and an *Imprimatur* from the Catholic Church.

The *Leader's Guide* (great for parents) contains frequently asked questions and answers, quotes and questions to think about, group activities and individual assignments. It is available by download in PDF form at http://www.avemariapress.com/book_details.php?bookid=889

From *Parents and Kids Talking About Sex* programs

Parents' Memories to Share – Questions for Parents

Do you want to raise your child the way you were raised?
Remember your teen years and decide how to help your child.

"How Do I Learn to Love?" – Teach your child nine ways to learn to love according to God's plan, not the world's plan.

How to Develop Refusal Skills & Stay Close to God

- What to do if you're not sure?
- "Refusal Skills Model "
- Effective ways to say "NO"
- How do you stay true to God?

The "Lines" & The Comebacks ! – a fun activity to teach kids how to recognize and respond to lines

The "Lines" & The Comebacks' Stories – situations to use during this activity

Who Wants to Be a 'Sexy' Millionaire?

- RATIONALE – how a game can help kids learn
- *Who Wants to Be a 'Sexy' Millionaire* © for girls' puberty education
- Answer Key for girls' puberty education questions
- *Who Wants to Be a 'Sexy' Millionaire* © for boys' puberty education
- Answer Key for boys' puberty education questions

Questions from Family Workshop – Teens (Grades 7-8th)
Survival Skills for Middle School Youth and Their Parents

Stages of Intimacy – Questions to ask your teen

"Am I still a virgin if...?" – How to use the dictionary to answer this important question

Convince Us To Wait – Questions to ask your teen

"The LOVE Test" – *Is your relationship on the right track?* – teaches what REAL love is

12 Myths about SEX – Once parents know what kids are hearing, they can refute these falsehoods.

"Myths and Realities" about STD/HIV Infection

What Students Want to Know and What Parents Can Say –

How to use Parent Answers on *God & Sex* and *Condom Confusion* and the Teaching Tools on "*The Full Picture*" and "*STD/HIV Risk*"

The Full Picture – Effectiveness of Birth Control Methods in
Preventing Pregnancy and STD/HIV Infection

***Woman's Rate of Infection from One Act of Intercourse with
an Infected Partner***

See "Myths and Realities" about STD/HIV Infection
for Instructions on how to use this activity

- ***Blank form to guess the rates***
- ***Completed form with the answers***

***Man's Rate of Infection from One Act of Intercourse with an
Infected Partner***

See "Myths and Realities" about STD/HIV Infection
for Instructions on how to use this activity

- ***Blank form to guess the rates***
- ***Completed form with the answers***