Teens, Sex and Choices
Helping Parents Empower their Children to Make Healthy Choices

Talking with your child about sex is so much more than just “the talk”! This program is designed to give parents important information, skills and most importantly, confidence to take on their important role as primary sex educator of their children. This program is designed for parents with children in 6th-12th grade.

What Today’s Teens Need to Know about:
- Pregnancy
- Sexually transmitted diseases
- Emotional scars
- Contraception

Setting Boundaries:
- How far is too far?
- Refusal skills
- Healthy vs. unhealthy relationships
- Media/Sexting/Pornography
- Avoiding drugs and alcohol

How to Encourage Your Child to Make Healthy Choices:
- Family connectedness
- Teach your children your values
- Give love, Encourage, Praise