

***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 6<sup>th</sup>-12<sup>th</sup> 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