

# LET'S | BE | HONEST

Communication in Families That Keeps Kids Healthy

[www.pplm.org/education](http://www.pplm.org/education)



## Workshop Topics

*Let's Be Honest* enables parents to communicate their values and have conversations about sex and sexuality with their children early and often. The introductory session is 2 hours; all other workshops are 90 minutes.

- Intro: Becoming the Primary Sexuality Educator of Your Children
- Abstinence, Postponement and other Protection Methods
- Encouraging Healthy Choices by Promoting Positive Self-Esteem
- Positive Communication and Healthy Relationships
- Puberty and Its Many Changes
- Reproductive Anatomy and How It Works
- Sexually Transmitted Infections and HIV Awareness
- Understanding the Media's Influences on Adolescents

## PARENT EDUCATION

**Recent studies show** that children who have frequent and open conversations with their parents about sex and sexuality have closer relationships with their parents and are more likely to make responsible decisions about sex.

*Let's Be Honest* is designed for parents and other trusted caregivers of children in middle school, aged 10-14. It provides useful skills, information and resources to help parents effectively and comfortably take the lead role in educating their children about sex and sexuality. And, because we know middle school isn't the only time for parents to have ongoing conversations with youth about sexuality topics, we offer age-appropriate workshops for parents of children in early childhood, elementary and high school. In addition, our *Seamos Honestos* parent education program is offered in Spanish and creates an environment of trust and comfort to help Latino parents talk to their children about sex and sexuality.

**Up-to-date information and resources are provided through workshops in various settings and periodic e-newsletters.**

**Community Organizations:** Workshops are provided through community partnerships with schools, social service organizations, faith-based institutions and health clinics in urban and suburban settings.

**Home Talks:** Interactive presentations and discussions are led by an experienced parent educator in a home setting with at least eight parents. Hosts choose from a menu of topics.

**Corporate Brown Bag Lunches:** Experienced parent educators offer workshops for parents during lunch at their workplace. Employers can positively impact productivity by supporting working parents in the challenging role of raising healthy kids.

**The Parent Buzz:** Our e-newsletter features current, helpful strategies and resources for talking with kids about sex and sexuality.

**Inquire about or sign up for a Parent Workshop:** 508-425-2328 or [parenteducation@pplm.org](mailto:parenteducation@pplm.org)

**Subscribe to The Parent Buzz:** [www.pplm.org/parents](http://www.pplm.org/parents)



Planned Parenthood League of Massachusetts

An education program of Planned Parenthood League of Massachusetts