

SEAMOS | HONESTOS

Comunicación Entre Familia Que Mantiene Nuestros Hijos Saludables

www.pplm.org/education



PARENT EDUCATION

Sexual development is a lifelong process. Young Latino people need a strong foundation, starting early – so that they can make healthy, safe, and well-informed decisions about sex and sexuality as they grow. Youth will be more likely to be healthy if their parents develop comfort in learning about sexuality topics, sharing personal values and conveying accurate information with their children. By setting the tone for positive communication, parents can help their children develop self-worth, responsibility and sexual health.

Seamos Honestos is designed for parents and other trusted caregivers of children of any age. The program helps parents examine their own values, attitudes, and beliefs about sex and sexuality and increases their comfort and confidence in the facts of sex and sexuality topics. In addition, the program helps parents learn how to start conversations with their children about different sexuality topics in an age-appropriate manner.

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

Workshop Topics

Seamos Honestos helps 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
- Puberty and Its Many Changes
- Reproductive Female Anatomy and How it Works
- Reproductive Male Anatomy and How it Works
- Abstinence and Postponement
- Protection Methods
- Sexually Transmitted Infections
- HIV Awareness
- Encouraging Healthy Choices by Promoting Positive Self-Esteem
- Positive Communication and Healthy Relationships

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: 508-854-3300, ext. 1132 or parenteducation@pplm.org

Subscribe to The Parent Buzz: www.pplm.org/parents



Planned Parenthood League of Massachusetts

An education program of Planned Parenthood League of Massachusetts