

# Parent-Child Communication





### **Welcome and Introductions**

Overall education is important and that includes sexual health. One in four youth is confused about sexual health information. They go to their peers, TV, and the internet to get answers. Parents can serve as the youth's point of contact by learning and providing honest information. Parents are influential in the decisions their children make about sex. This material is geared to highlight opportunities for parents to improve their communication with their children (especially youth).

Parental involvement and communication about sexual health are known to have a positive result. This includes delaying sexual debut among youth and lowering substance use.



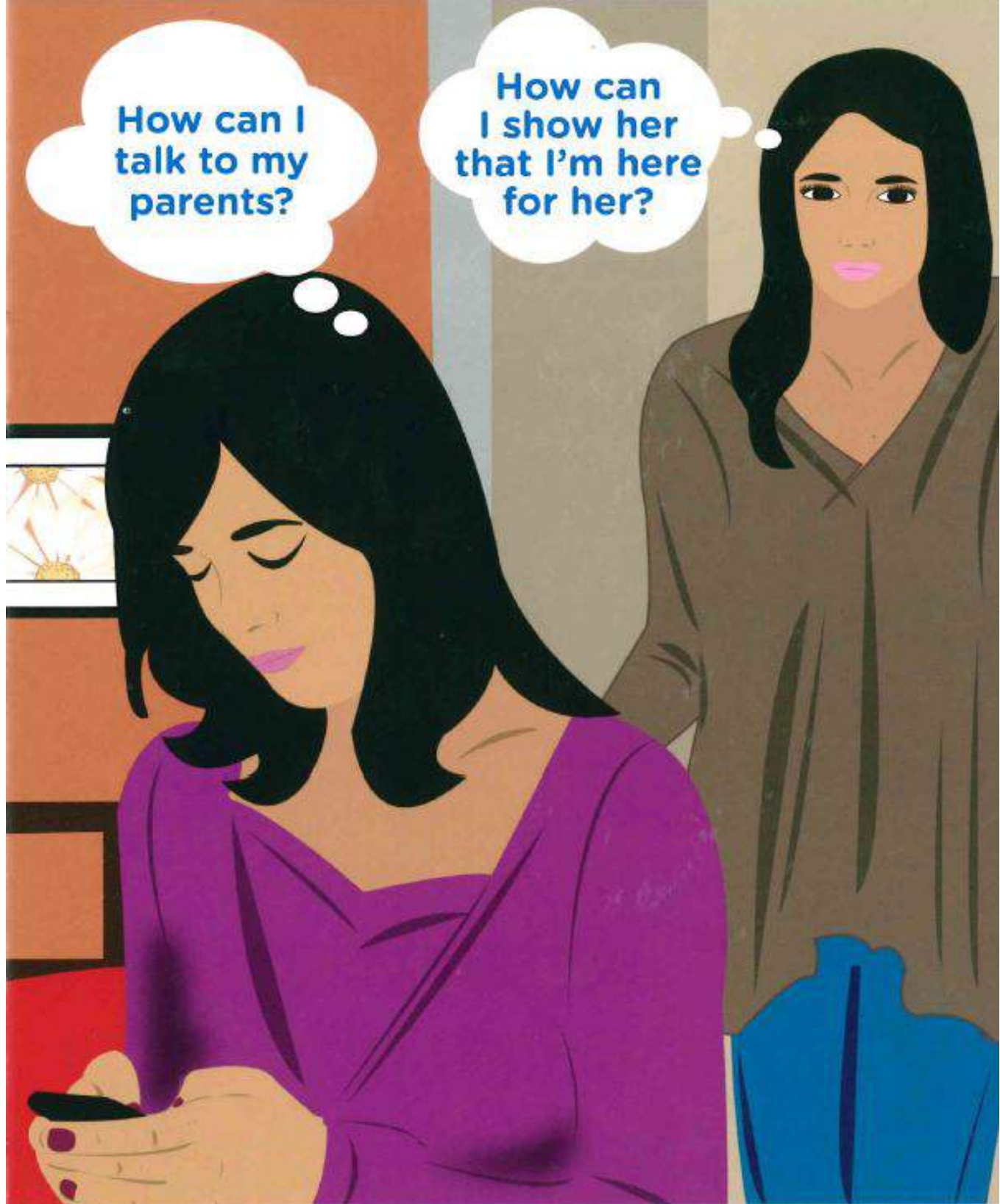
Mom, thanks for all your support and advice. I want to take care of myself.

Sweetie, time is important. Take advantage, educate yourself, and take care of your health.

### Re-Connecting to our Values and Purpose

- **My core values:**
- What do they mean to me?
- Why are they important to me?
- How can I pass on these values on to my child(ren)?

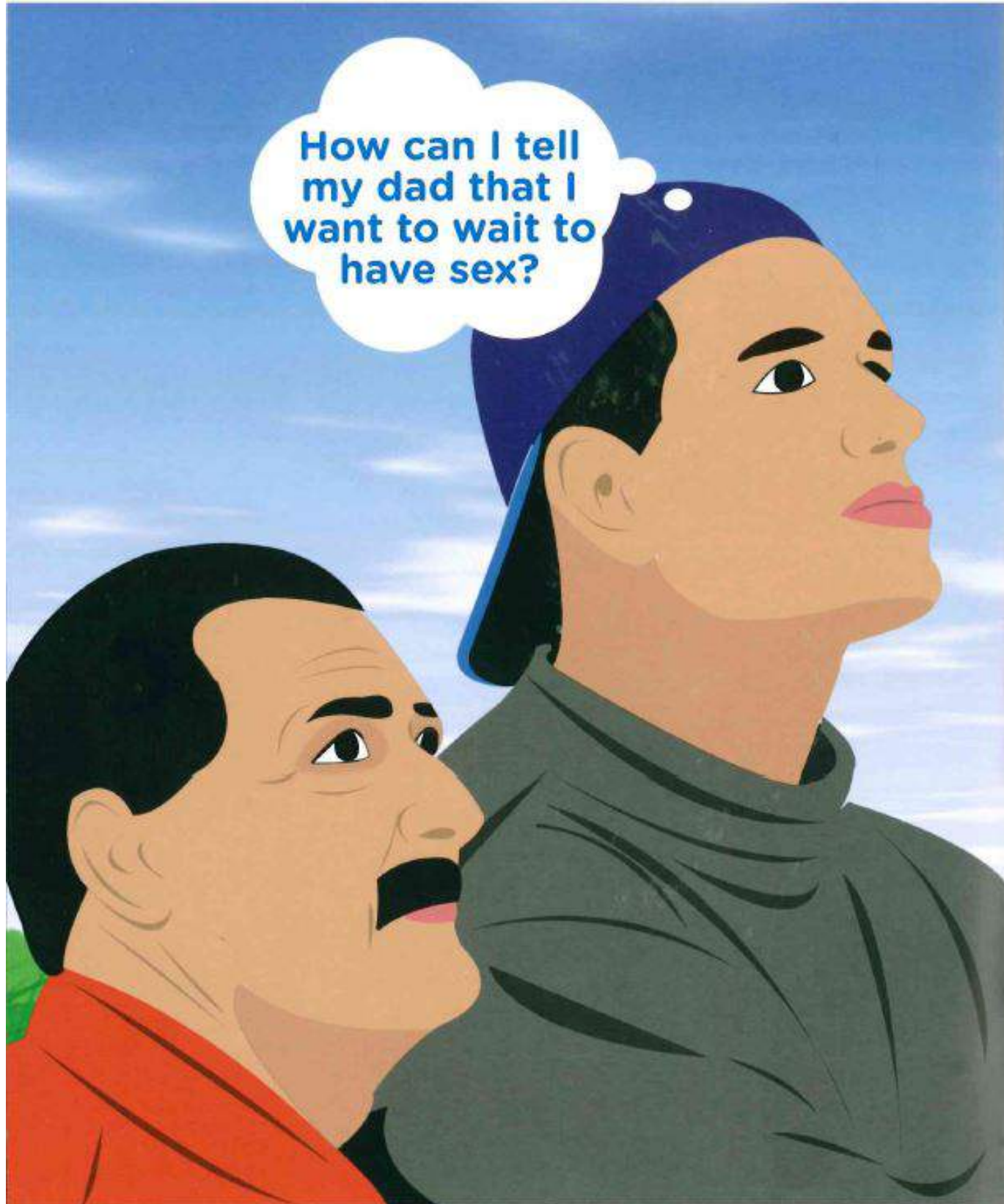
*(Use the notes section at the end of this book to write your answers)*



### **Importance of Understanding Sexual and Reproductive Health and Rights**

- What are the challenges?
- How can we prepare to communicate better?
- What happens when we communicate well?

*(Use the note section at the end of this book to write your answers)*



**Reflecting About How I Learned about Gender and Sexuality**

Gender: \_\_\_\_\_

Sexuality: \_\_\_\_\_

Cultural Values: \_\_\_\_\_

An illustration of a woman and a man. The woman is on the left, wearing a pink top and yellow hoop earrings. The man is on the right, wearing a black shirt. Both are smiling. There are two speech bubbles: one above the woman and one above the man. The background has a light beige pattern of white swirls.

I have talked to my son about sexual health more than once.

I want to succeed in life, I want to graduate from school, and I want to have a career. I don't want to be a dad while I'm still a teenager.

### Action Plan for Connecting

#### Action Plan for Connecting

- Identify TWO areas that you would like to develop/improve upon:  
(Example: participating with children more)

1. \_\_\_\_\_

2. \_\_\_\_\_

# Objectives and Activities

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Select ONE area and develop objectives. The area may require several steps.

From the previous page create an objective. It may help to think about the following questions:

- What do I want to do with my child/children?
- How often?
- When do I start?

*Example: I will attend one activity a month for the next three months to support my child and his/her goals.*

My first objective is: \_\_\_\_\_  
\_\_\_\_\_

Action Steps	Date to Complete by

My second objective is: \_\_\_\_\_  
\_\_\_\_\_

Action Steps	Date to Complete by

# Personal Commitment:

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- I'm responsible for my own learning and for seeking responsible health information/services in order to be a better parent.

- I will \_\_\_\_\_  
*(Describe challenge)*

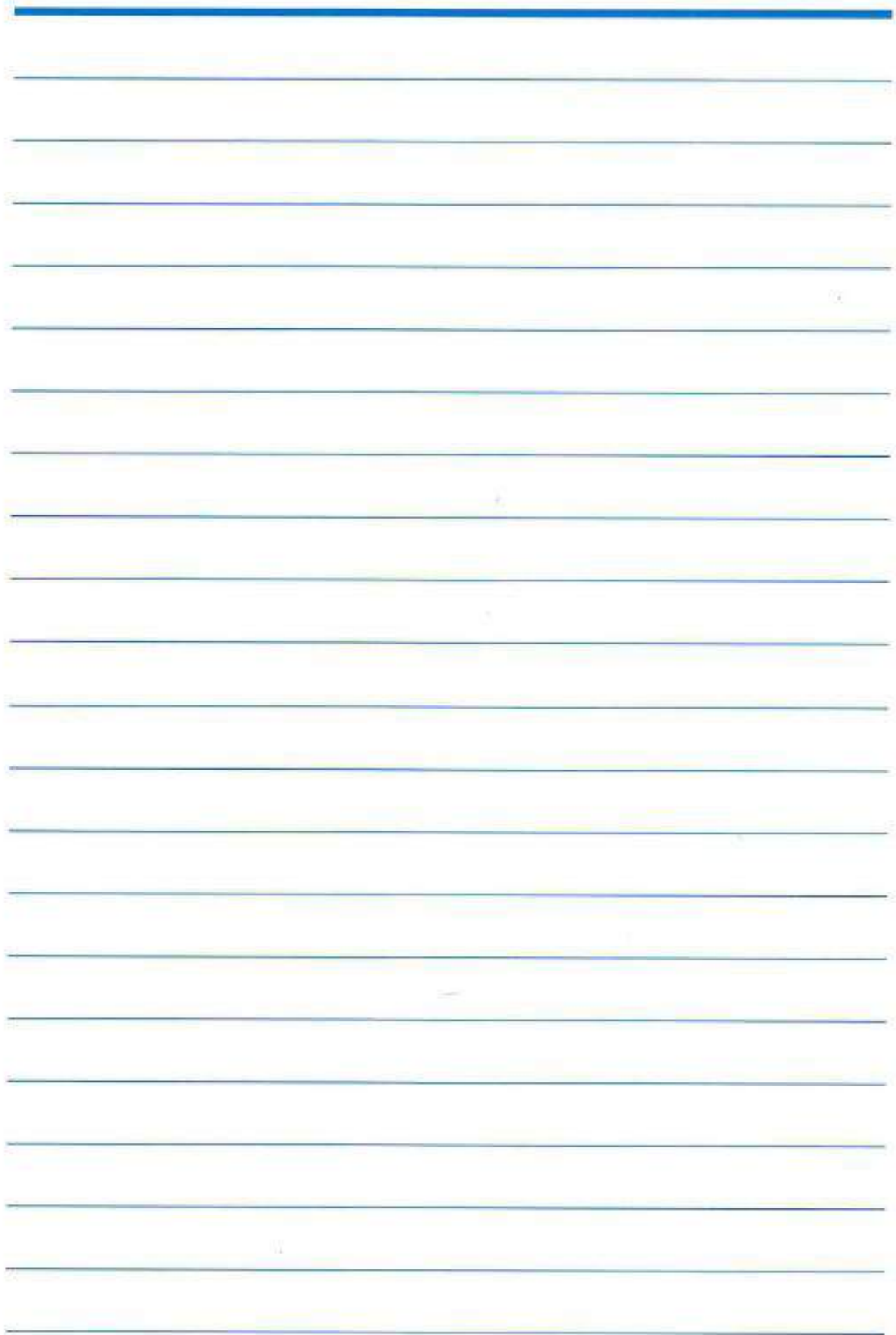
- My most immediate "win" will be \_\_\_\_\_  
\_\_\_\_\_

- I will complete my first challenge by:

Date \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_









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