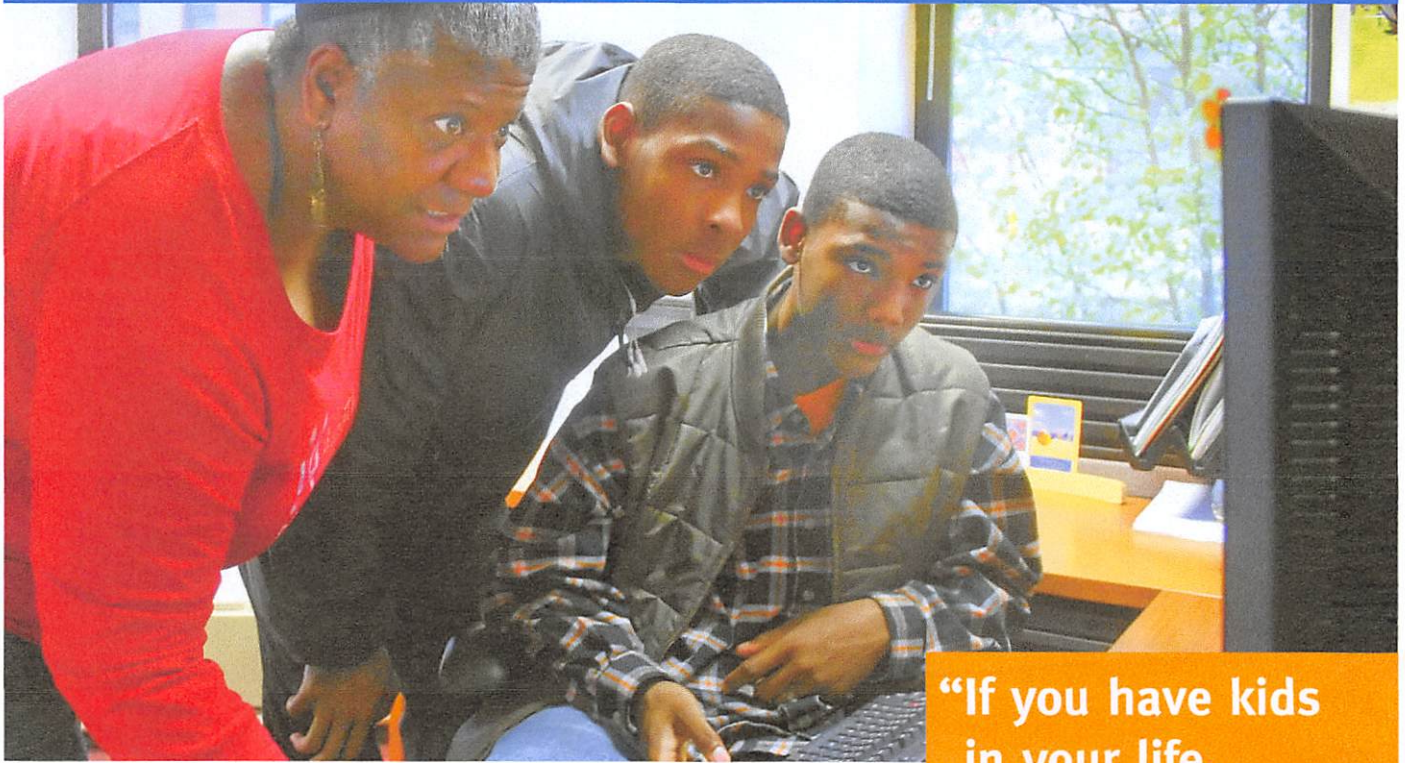


Free Workshop for Parents



— WORKSHOP 1 —

“Talking to Your Children about the Facts of Life”

“If you have kids in your life, Adult Role Models workshops are for you!”

Date: Monday, November 14, 2016

Time: 6:00 pm

Location: Room 518

Contact: _____

Receive a *Certificate of Completion* after the Adult Role Models workshop!

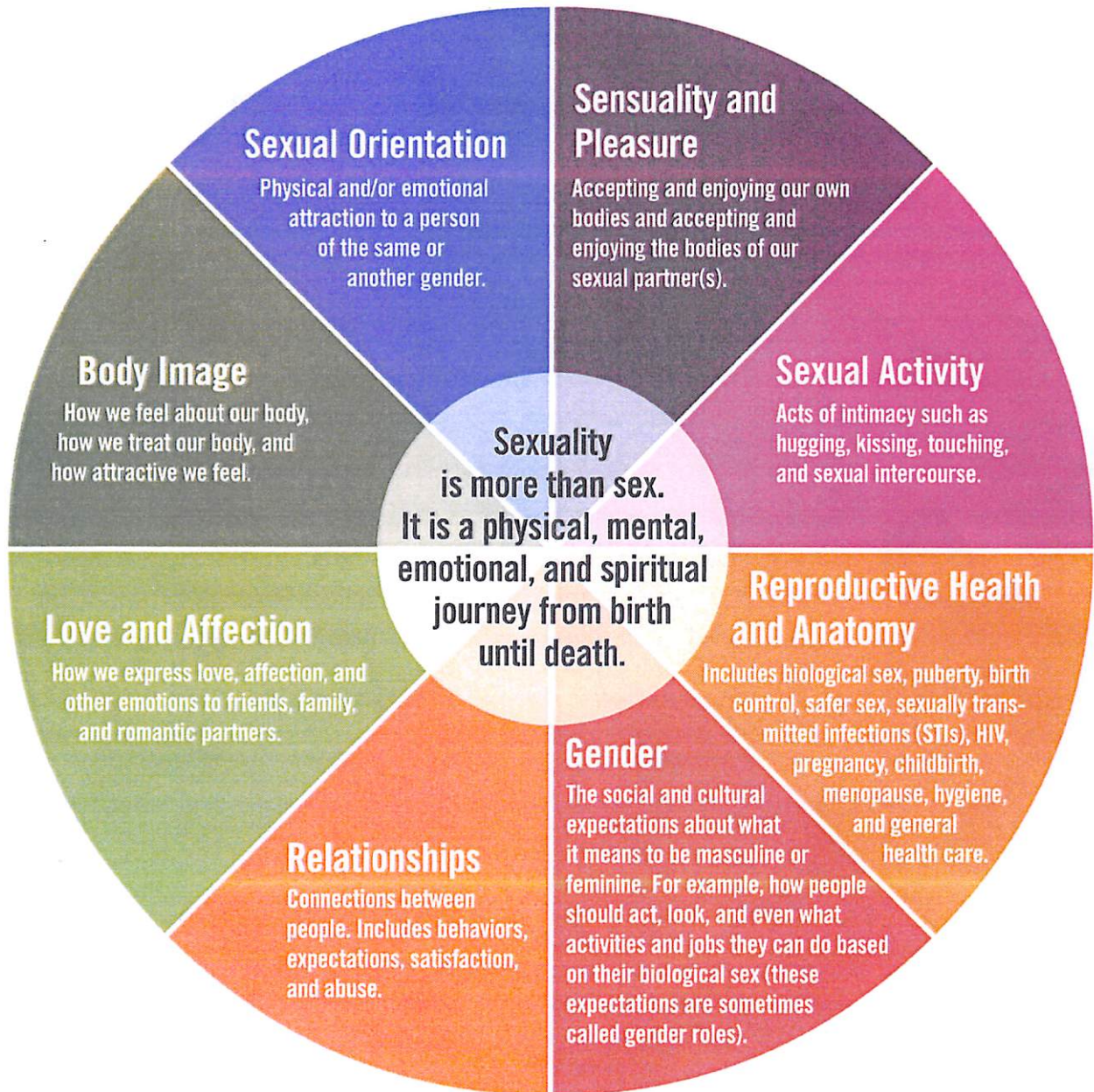
 **Planned Parenthood**
Care. No matter what.

Planned Parenthood of New York City



HANDOUT #2: DEFINITION OF SEXUALITY

Sexuality is a significant part of who we are and it is reflected in how we express ourselves to the world.





Betty/Patricia



HANDOUT #3: 4 STEPS TO ANSWERING A CHILD'S QUESTIONS ABOUT SEXUALITY

1. **Normalize and validate the child's question and then ask why the child is asking you this question: "That's a really good question. How come you're asking me that today?"** *Context*

This step is helpful in reassuring that the child's question is normal. This step is also helpful in finding out where the child is coming from and where the child is getting the information. This question should be asked with a calm and warm tone.

2. **Ask what the child thinks the answer is.**

This step is helpful in finding out how much information the child already has and gives an idea of the child's vocabulary and words.

3. **Answer the question honestly based on the child's answer and your personal values.**

This step allows you to share your personal values with the child. It is important to base your answers on honest, correct information in addition to your personal values.

4. **Ask if the child understands your answer: "Does that answer your question?"**

This step allows us to make sure the child understood your answer.

ROLE PLAYS: Using the 4 Steps with Younger Children



ROLE PLAY 1

Child: Mom, why do we have nipples?
Parent (Step 1): That's a good question! How come you're asking that question today?

Child: Because when people take off their shirts on TV, I see their nipples.

Parent: Why are people taking off their shirts on TV?

Child: Because they are at the beach and the boys go in without their shirts and I see their nipples. But I know girls have nipples too.

Parent (Step 2): Why do you think we have nipples?

Child: I don't know. They look funny.

Parent (Step 3): That's a great question, especially because we all have nipples.

The nipples on bodies that have breasts may be used for breastfeeding babies; they may also feel good when they are touched. So we have nipples for many different reasons and they are a part of our body.

Parent (Step 4): Does that answer your question?

Child: Yes. Thanks, Mom.

ROLE PLAY 2

Child: Where did I come from?

Parent (Step 1): That's a great question for someone your age. How come you're asking that question today?

Child: Because Mark said that a mailman brought him to his mother.

Parent (Step 2): Where do you think you came from?

Child: I don't know.

Parent (Step 3): Babies come from a uterus, which is in a mother's belly.

Parent (Step 4): Does that answer your question?

Child: No, I don't understand.

Parent:

(Insert your thoughts here)



ROLE PLAYS: Using the 4 Steps with Younger Children (continued)

ROLE PLAY 3

- Child:** Daddy, when can I have a baby?
Parent (Step 1): That's a really interesting question. How come you're asking that question today?
Child: Because I like babies.
Parent (Step 2): When do you think you can have a baby?
Child: When I grow up.
Parent (Step 3): _____
(Insert your thoughts here)
Parent (Step 4): Does that answer your question?
Child: Yes, I understand I can't have a baby now.

ROLE PLAYS: Using the 4 Steps With Older Children

ROLE PLAY 1

- 5th-grade child:** What's a wet dream?
Parent (Step 1): That's a very important and typical question for someone your age. What makes you ask me this today?
5th-grade child: Mark said he had a wet dream because he woke up with wet sheets. And Jon said his older brother told him a wet dream is cool.
Parent (Step 2): Well, what do you think a wet dream is?
5th-grade child: I don't know, but how could wet sheets be cool?
Parent (Step 3): Wet dreams may leave a wet spots on sheets, and that's because when you have one, a white liquid called semen comes out of the penis. It's normal for wet dreams to first happen at night during puberty and it is a healthy sign of growing up. I have a book where you can read about wet dreams and other things children your age will experience during puberty.
Parent (Step 4): Does that answer your question?
5th-grade child: Yeah, I get it now.



ROLE PLAY 2

7th-grade child: Dad, can I get HIV from a toilet seat?

Parent (Step 1): Wow, that's a really good question. How come you're asking this question today?

7th-grade child: Because in gym class Monica said you shouldn't sit on the toilet seat in case someone with HIV sat on it.

Parent (Step 2): Do you think you can get HIV from a toilet seat?

7th-grade child: No. I think Monica doesn't know what she's talking about.

Parent (Step 3): You're right, you can't get HIV from a toilet seat. And if you'd like, we can look online for more information about HIV and how it's transmitted, use I don't know that much about it myself.

Parent (Step 4): Does that answer your question? Do you want to go on the Internet to find out all the ways someone can protect themselves from getting HIV?

7th-grade child: Yes. Let's look it up now.

ROLE PLAY 3

1 1th-grade child: Mom, do you know what the "morning-after pill" is?

Parent (Step 1): That's a really interesting question. What makes you ask me that today?

1 1th-grade child: Because Leticia said that her sister Rachel took it so she wouldn't get pregnant.

Parent (Step 2): Well, what do you know about this pill?

1 1th-grade child: I don't know. I know that Rachel and her boyfriend just started having sex and they were using condoms. Rachel said the condom broke the last time they had sex. She took the "morning-after pill" so she wouldn't get pregnant. But isn't it too late? I mean, they already had sex.

Parent (Step 3): Well, I just learned about this myself. It's actually called Emergency Contraception. It's a safe and effective method that a woman can use ~~after~~ she has had unprotected sex but before she gets pregnant. It's not just the "morning-after pill" because a woman can actually take it up to 5 days after she has had unprotected sex, but the sooner she takes it, the better it works to prevent a pregnancy (FACT).

Parent (Step 4): These are complicated issues that I'm glad we can talk about. I hope if you have other questions about birth control, you can come to me, although you know I'm hoping you wait till you're older to have sex (VALUE). Does this answer your question?

1 1th-grade child: Yeah, it makes more sense now. I know I can talk to you, Mom. Thanks!



HANDOUT #4: TEACHABLE MOMENTS: HOW TO OPEN THE DOOR AND KEEP THE DOOR OPEN

What are Teachable Moments?

Teachable Moments are everyday opportunities we can use to hear what children think about a sexuality topic and also to share healthy messages.

- Step 1:** ASK a question that encourages the child to share their views and opinions on a sexuality topic they care about. For example, ask “What do you think about that show ‘Teen Mom?’”
- Step 2:** LISTEN to the child’s feelings about the issue.
- Step 3:** SHARE your family values, add accurate information and also affirm their knowledge about the topic.

Other Important Tips for a Successful Teachable Moments:

- Show interest in what the child has to say.
- Focus on the child.
- Stay calm and avoid reacting with anger or by making assumptions.
- Answer any questions openly and honestly.
- Remember the “music of your message”—use a warm and welcoming tone of voice.
- Keep the conversation private if you’re asked to, as long as the person does not indicate that they are at immediate risk for abuse or suicide.
- Continue to use and create teachable moments to discuss topics that are hard to talk about.
- Keep trying! If a conversation doesn’t go as well as you hoped, don’t be afraid to revisit and try again. The more you practice, the more naturally it will come!

