



# Family Talk

## Workshops for Parents Who Want to Know How to Talk to Their Children About Sex, Substance Use and Healthy Relationships

Family Talk Workshops help parents, grandparents and other caregivers connect with children about sex and sexuality, healthy relationships, substance use, and HIV.

Family Talk provides the opportunity to discuss:

- What children need to know at what age
- How parents can effectively share information so children understand it
- How to answer children's questions

The workshop series uses a curriculum called *Parents as Primary Sexuality Educators* developed by Family Resource Centers and strengthened by years of experience and input from participants and the health and human service communities.

### For Parents of Young Children and Adolescents

The workshop series is recommended for parents of children who are infants – age 14, who want to give their children information and guidance that is appropriate to their age and stage of development.

Family Talk provides:

- Practical suggestions and guidelines to communicate accurate information about sex and sexuality, healthy relationships, substance use and HIV.
- Encouragement to examine parents' own values and positive ways to convey values to children.
- Information about how children develop and how they mature sexually through puberty.
- Information about substance use.
- Support for setting limits and engaging children in healthy activities.

### Family Talk Workshops

This series of five workshops includes discussion, a video, and practice with communication skills. The facilitators have extensive training in health topics and parenting issues.

#### When

Workshops are offered at times and places convenient for parents.

#### Where

Workshops are held anywhere parents may gather. Schools, churches, synagogues, support groups, child care centers and other sites can sponsor the workshop series.

#### Cost

Family Talk is free to parents who live in the City of Rochester. Workshops are offered outside the City on a fee basis.

#### To Learn More, contact:

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Helping Parents Make a Positive Connection With Their Children!



City of Rochester, NY

The workshops are offered to the community through funding provided by the Daisy Marquis Jones Foundation.

Family Resource Centers of Crestwood offers other programs for parents of young children at several locations throughout Rochester. For more information, contact: Family Resource Centers of Crestwood, (585) 436-0370 x312 E-mail: [mbrach@hillside.com](mailto:mbrach@hillside.com)