

Time to Talk

***A Parent's Guide to Navigating those AWKWARD but NECESSARY Conversations
2023-2024 School Year***

Outline for a 60 Minute Program

Debunk the myth of “The Talk” by exploring how multiple, ongoing conversations between parent and child about sex and human development, are not only necessary, but most effective. We will discuss how parents can navigate these awkward but necessary conversations in a way that’s less painful for both them and their child.

Introduction

Meet the speaker, his family, and hear some personal parenting experiences.

6 foundational principles of parenting are established.

The common perception of “The Talk” is introduced. Is it effective?

Sources of Information on Sex

- Peers
 - How much are our children learning from their peers?
 - What are the positive/negative ramifications of this?
- Adults
 - Which adults are playing a role in their sex education?
 - Are there any key adult figures that need to play a bigger role?
- Media
 - Highlighting what our kids are learning from the media and pop culture.
 - Understanding the impact that the media is having on their decision-making.
 - Discussing what role pornography plays in their perception of sex.

Timeline of Age-Appropriate Discussions

Exploring why parents should be the primary sex educators of their children.

Highlighting what’s appropriate to discuss at the various stages of the child’s development.

Getting Comfortable with those Uncomfortable Conversations

Dispelling the myth of “The Talk,” and its effectiveness.

Overcoming common fears parents face when talking about sex.

Evaluating practical and effective ways on how to have those difficult conversations.