



Building capacity for teen pregnancy prevention and youth development.



Photo by Advocates for Youth

## October is Let's Talk Month!

[Let's Talk Month](#) is an opportunity to plan programs and activities to promote parent/caregiver-child communication about sexual health. Young people say [parents most influence](#) their decisions about sex, and teens who perceive that they have a better communication with their parents are [less likely to engage in sex](#). Most parents/caregivers want to talk to their children about sexual health, but may not know how to start the conversation or may be concerned that they will not have all the answers and do not know where to get them. Communication about sexual health should be ongoing. Positive communication between parents/caregivers and children helps young people to clarify their values and make healthy decisions.

[Quincy School District](#) has had great success connecting with parents about sexual health education and the district-adopted curricula. They offer a **Parent Sex Ed Night** where interpreters and *promotoras* - community health educators from the local community clinic - are present to support parents and answer questions. Parents rotate through stations for elementary, middle, and high school curricula if they have children at multiple grade levels. In addition, teachers assign homework as part of the curriculum to foster parent-child communication about healthy relationships, saying no to peer pressure, and setting boundaries.

Contact [Cardea](#) for support in planning programs and activities to promote parent/caregiver-child communication about sexuality.

## Things You Can Do for Let's Talk Month!



Share these [books](#), [websites](#), and [expert advice](#) with parents/caregivers



Include an article about Let's Talk Month in your newsletter or bulletin



Sponsor a parent/caregiver night at your school/organization



Provide parents/caregivers with resources to support their conversations



Start a "make a date" campaign by asking parents/caregivers to schedule a time to talk with their children about sexual health

Visit us at [www.waprepforhealthyouth.org](http://www.waprepforhealthyouth.org) Questions? Contact: [waprep@cardeaservices.org](mailto:waprep@cardeaservices.org)

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