talk about it Texas presents

key conversations™

Session 1: Parenting with Purpose

Objectives:

- Understand the context that teens live in, the pressures they face, and the health outcomes they experience
- Recall experiences from their own adolescence that may inform current beliefs and understandings related to health and relationships
- Understand the qualities and skills of adults that promote positive youth development in teens and how these develop closeness in relationships
- Apply strategies to talk with their teens about complex topics, like relationships, health, and values, to improve the quality of communication
- Assess performance as a caregiver related to building effective communication, closeness, and establishing and monitoring boundaries
- Analyze opportunities for continuing to strengthen family bonds to promote adolescent health and family wellbeing

Activities

- 1.1: Introductions (25 minutes)
- 1.2: Teens and Adults (10 minutes)
- 1.3: When I Was Your Age (10 minutes)
- 1.4: What Parents Can Do (15 minutes)
- 1.5: Let's Talk About Sex (15 minutes)
- 1.6: What to Talk About (10 minutes)
- 1.7: Practice (20 minutes)
- 1.8: Talk With Your Teen (5 minutes)

Session 2: Sex Ed 101

Objectives:

- Parents and caregivers will understand essential anatomy concepts, how contraception works, and how testing, treatment, and prevention work for sexually transmitted infections (STIs)
- Parents and caregivers will understand the importance of testing for STIs as standard part of healthcare

- Parents and caregivers will understand how to identify trusted resources for healthcare-related information

Activities:
- 2.1: Welcome Back (10 minutes)
- 2.2: Sex Ed 101 Pre-Quiz (10 minutes)
- 2.3: Sex Ed 101 (80 minutes)
- 2.4: Quiz Review (10 minutes)
- 2.5: Closing (5 minutes)

Session 3: Promoting Health in the Family

Objectives
- Understand the importance of seeking preventive adolescent healthcare and how to overcome common barriers in seeking that care
- Coordinate preventive adolescent healthcare for teens
- Generate ideas for ways to build family wellbeing and adolescent health

Activities
- 3.1: Welcome Back (10 minutes)
- 3.2: The Importance of Healthcare (25 minutes)
- 3.3: Finding a Teen Friendly Provider (10 minutes)
- 3.4: Putting it All Together (20 minutes)
- 3.5: Closing (10 minutes)