

PARENTS PROMOTING SEXUAL HEALTH[©]

CONTENT OF SESSIONS

Session 1: **Communication**

Helps or Hinders

- Affecting Communication
- Let's Talk About Sex!
- On the Spot!
- Dear Parent

Session 2: **Attitudes to Sexuality**

Sexuality is !

- Views of Sexuality
- Attitudes to Sexuality
- Comfort Levels
- Reflection

Session 3: **Relationships**

What's a Relationship?

- Forming and Maintaining Relationships
- Let's Talk Relationships
- Choices
- Media Watch

Session 4: **Pregnancy and Contraception**

Exploring Myths

- Getting Pregnant Myths
- Thinking About Pregnancy and Parenthood
- Emergency Contraception
- Contraception Workshop
- Abortion
- Pregnancy and Young People

Session 5: **Sexually Transmitted Infections (STI's)**

What Do We Know?

- Sexual Roulette!
- Are You at Risk of HIV?
- STI Quiz
- Protecting Young People from STI's
- Good Reasons to Wear a Condom
- The GU Clinic

Session 6: **Resources**

Self Esteem

- All You Need to Know About
- The Law
- Parents Aware!
- Time to Reflect