



Getting Ready for The BIG Talk: Content for the Pre-Event Workshop

Goals of the pre-event workshop:

- 1) Provide parents with research on why sexual health education is a healthy and important part of their child's development and well being
 - 2) Clarify Dr. Miller's role and parent's/caregiver's role in facilitating this education
 - 3) Review of the The Remote BIG Talk curriculum
 - 4) Introduce effective strategies for caregivers in talking to their children about puberty and reproduction
 - 5) Questions and answers
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I. What guides educators?

- A. National Sexuality Education Standards (Second Edition, 2020)
 1. Provides standards of care, core content, and skills (K-12)
 2. Offers a detailed roadmap grounded in research that allows for flexibility within the curriculum
 3. Provide caregivers with link to the standards for their review

II. Why is sexual health education important and needed?

- A. Because research shows that comprehensive sexual health education:
 1. Delays (rather than hastens) the onset of sexual activity
 2. Reduces the frequency of sexual activity
 3. Reduces the number of sexual partners during adolescence
 4. Results in more responsible behaviors associated with sexual behavior when they choose to become sexually active
 5. Helps young people avoid unintended pregnancy and sexually transmitted diseases/infections (STDs/ STIs)

III. Goals of The BIG Talk program

- A. Provide 4th-6th graders and their caregivers with medically-accurate information about the physical, social, and emotional changes during puberty for both biological males and females
- B. Create an atmosphere of learning, curiosity, and comfort in discussing these topics so caregivers and their sons can have ongoing, healthy conversations

about puberty and sex as they mature and navigate their way through their youth, adolescence, and young adulthood

- IV. Brief review of The BIG Talk curriculum
- V. Effective ways to speak to your sons about puberty and sex
 - A. Start on their level and have frequent conversations, not just one
 - B. Avoid preaching and lecturing
 - C. Avoid judgments and shaming (accidental or intended)
 - D. Try to use open-ended questions like, “Tell me what you know about.....”
 - 1. This allows you to fill in any gaps in knowledge
 - E. Always normalize their curiosity about puberty, sex, sexuality and then set healthy boundaries that adhere to your values if you need to
 - F. Always provide medically-accurate information
 - 1. Don’t ever be afraid to admit that you don’t know something (and then go find the answer)
 - G. Try to be relaxed and open (even though you might be feeling differently internally)
- VI. Q & A