

Have you had “THE TALK” with your kids?

Kids are bombarded by messages about sex every day.

How can you make sure they listen to YOUR CONCERNS over the rest of the noise?

Talk to them yourself!

YOU are the best sex educator for your child.



The Parents Matters! Program

The *Parents Matter!* Program (PMP) encourages parents to talk to their children about sexual topics and sexual risk reduction. Parents have the power to positively shape their children’s health behaviors, but their voices often compete with messages sent by the media, peers, and society. This program, designed for parents and guardians of children ages 9 to 14 years old, helps parents improve their skills and increase their comfort level when talking to their children about pregnancy prevention, sexually transmitted diseases (STDs), and HIV/AIDS. The PMP provides opportunities for parents to build positive parenting skills, improve parent-child communication, and strengthen relationships with their children.

- [Tips on how to improve communication](#)
- Strategies for communicating *your values* to your child
- [Practice answering hard questions](#)
- Learn the truth about kids’ sexual behavior
- [Talk with other parents dealing with the same issues](#)
- Information about puberty and other health topics

What: A 5-week program series for parents/guardians of children ages 9 to 14 years old.

When: Tuesday evenings from 6:00 to approximately 8:30 PM.
Dates: 4/9; 4/16; 4/23; 4/30; 5/7

Where: Zebulon Boys and Girls Club
1320 Shepard School Road
Zebulon, NC 27597

Cost: FREE! Space is limited. **Please RSVP by Friday, April 5th, 2013!**
Dinner and childcare are included for each registered participant.

For more information and to register, please contact



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Funding provided by John Rex Endowment

Parents Matter! Facilitators are NCDPI/North Carolina School Health Training Center (NCSHTC) Certified