



ARE YOU AN “ASKABLE” ADULT?

A SEXUAL HEALTH EDUCATION WORKSHOP FOR PARENTS / CAREGIVERS

Wednesday May 16, 2018

Talking to kids about sexuality and reproduction can be difficult for caregivers. This interactive program from, Options for Sexual Health, takes participants through exercises to discover why they might feel uncomfortable talking about sex with their children, and provides strategies for caregivers on how to overcome these feelings. Participants will also look at how to begin discussions and how to share information with kids in a clear and understandable way. You will hear suggestions on:

- What kind of sexual health information is needed at various ages
- How to handle questions
- What kinds of words to use
- How to discuss feelings, emotions, and family values
- Exploring your own personal beliefs around sensitive topics



The more informed we are as caregivers, the more opportunities we have to communicate with our children. Parents and/or guardians should be the primary sexuality educators for their children, but sometimes they need tools and information to take advantage of 'teachable moments' with their children. Feeling comfortable and informed as a parent or guardian ensures that the information from school family life or sexual health programs is not the only source of sexual health information for your children.



ABOUT KRISTEN GILBERT

Kristen Gilbert is the Director of Education at Options for Sexual Health, Canada's largest non-profit provider of sexual health services. As a sex-ed teacher, Kristen delivers comprehensive sexual health education to students of all ages in a wide variety of school settings, including the public and independent schools systems, alternative programs, and youth in custody. Kristen also leads Opt's Sexual Health Educator Certification (SHEC) program as well as Opt's vibrant professional training programs providing support for education and health professionals who wish to develop their capacity to connect confidently with clients about their sexual health and sexual well-being.

Presented in partnership



May 16

6:00pm – 9:00pm



HENRY GRUBE EDUCATION CENTRE
Room 1A

245 Kitchener Crescent
Kamloops, BC

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