



# Talk to Me: A Workshop for Parents

## HiTops Teen Council

**Designed For:**           **Parents and Guardians**

**"Why can't I talk to my parents about sex?"**  
**"Where can I get birth control?"**  
**"How do I know if I'm in love?"**  
**"Why doesn't my mother trust me?"**  
**How do I know if I'm ready for sex?"**

Teenagers have many questions and concerns but very few of them believe that they can go to their parents for answers. Most parents would like to be a resource for their children but don't know how to start the conversation.

This dynamic and fun workshop, led by teen peer educators, gives parents and guardians the opportunity to talk with teenagers (not their own) about such issues as privacy, trust, sex, friends, and independence. Using skits as well as small and large group discussions, parents and guardians will explore views about sexuality and have the opportunity to pose questions to the peer educators and discuss current issues regarding teen sexuality with other parents.

**Our goals are to:**

- Allow parents/guardians an opportunity to reflect on personal attitudes and values regarding sexuality.
- Encourage adult-teen communication about sex and sexuality.
- Provide a forum for parents/guardians and teens to listen to one another.

**Average Length of Program:**                           **120 minutes**

**Recommended Number of Participants:**       **20 - 100**