

THE APPROACHABLE ADULT

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islandsexualhealth.org

beyondthetalk.ca

Be informed, *not* surprised **What are Approachable Adult Workshops?**



Educator Profile

Jennifer Gibson, MA is the Coordinator of Community Education Services. Jennifer is pretty sure that she has the BEST job and does her best to provide sexual health education that is current, factual, and F-U-N! Her favourite part about being “The Sex Lady?” Answering anonymous questions—always fascinating and energizing!

The Approachable Adult workshops are workshops available to groups of adults who have children and youth in their lives. The goal of these workshops is to help adults develop comfort and confidence in their role as sexuality educators for the youth in their lives.

Participants have the opportunity to explore the concept of healthy sexuality and become more comfortable discussing sexuality with their children.

The format of the workshops varies according to the group and their needs but is usually presented in a 1—2.5 hour.

This workshop can include information about child sexual development from 0-18 years of age with a focus on the ages of the children in that particular community (i.e. pre-school, K-grade 5, middle or high school).

As a non-profit agency, we request an honorarium ranging from \$125-\$250, depending on the length of the workshop and whether the workshop is used as community education session, professional development or fundraising evening.

Who is an Approachable Adult?

An approachable adult is an adult who is comfortable with sexuality and sexual health issues and who is open to communicating openly and honestly with youth. An approachable adult is a someone who is self-aware, values human sexuality and believes in taking a preventative rather than a reactive ap-

proach to sexual health education.

At ISH, we are committed to helping you become a more approachable adult.

In 2013/14, we facilitated workshops for 12,000+ participants.

NEW

HOST A PARENT EDUCATION NIGHT FUNDRAISER

Do you have questions about how to talk with your children about sexuality?

Would you like to have a casual get together with friends to learn more and support a great cause?

Host a parent education night fundraiser. You provide the space and some refreshments and we will provide our knowledgeable and fun educator to guide you and answer all of your questions! We ask for a \$25 tax receiptable donation per person. Participants leave feeling more confident, comfortable and knowledgeable.

Beyond
“the TALK”

Beyond the talk is ISH’s community education program which offers:

- a youth based website beyondthetalk.ca
- a text Q&A service 250-812-9374
- Interactive workshops for participants of all ages on topics such as body science, puberty, sexual decision making, contraception, and STI prevention.



www.islandsexualhealth.org

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19% of BC students indicated ever having sex, other than oral sex or masturbation, with similar rates for males and females. This percentage reflected a **DECREASE** from a decade earlier for both genders (24% in 2003).

Source: Smith, A., Stewart, D., Poon, C., Peled, M., Saewyc, E., & McCreary Centre Society (2014). From Hastings Street to Haida Gwaii: Provincial results of the 2013 BC Adolescent Health Survey. Vancouver, BC: McCreary Centre Society

5 Reasons to be an Approachable Adult

Health

Youth need to know about the straightforward science of their bodies to stay healthy and to make positive choices.

Prevent Child Sexual Abuse and Exploitation

Research shows that young children & youth who have been educated about sexual health are less likely to be sexually abused or exploited (i.e. know the correct names for body parts, public vs. private behaviours, that sex is a consensual activity only, setting boundaries, etc.)

Sex Education Does Not Mean Sex Experimentation.

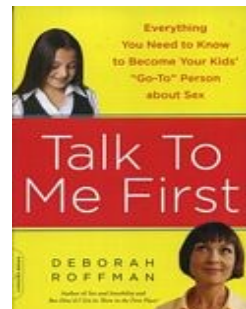
Research shows that sexually educated youth **delay** sex experimentation by **4 years or longer** as compared to their uneducated peers!

Knowledge is Power!

Sexually educated youth have lower rates of STI's and unplanned pregnancies than their uneducated peers.

Foster a Relationship with your Children for Discussing All Sensitive Issues.

Children and youth want to feel that their parents are AP-PROACHABLE and ASKABLE about all of the tough issues in their lives



Talk To Me First
Deborah Roffman
 We are big fans of Deborah Roffman and her straightforward sex positive approach to sexuality education. The book's approach to the discussion and normalization of sexuality provides parents with a support structure. It goes beyond simply providing information and challenges parents to understand their own values and beliefs. The book explores how to connect sexuality discussions with the BIG issues facing today's youth such as social media and pornography. There are helpful case studies and some reflective scenarios included that take this book to an interactive level.

Workshop Feedback

"Jennifer is open, has a great sense of humour, and has a lot of information to offer." *Parent, Elementary School*

"You certainly have a way with talking about the tough stuff. After tonight I may actually be able to talk to my kids openly about sexuality" - *High School Parent Participant*

"Your presentation was the best of all sex talks. SERIOUSLY"-*Grade 10 Participant*

"Thanks again for the outstanding presentation – you certainly had the student's attention for the entire presentation and created an atmosphere where students felt comfortable" - *Instructor, Camosun College*

Approachable Adult Workshop Outline

The goal of the workshop is to provide participants with an opportunity to explore their own concept of healthy sexuality and become more comfortable discussing sexuality and sexual health issues with their children and teens.

Children learn about sexuality through their daily interactions with others, from media, within social groups, and in family life.

ISHS's workshops emphasize the importance of parents as the **primary sexuality educator** for their children and provides strategies to support parents in this role. Several areas of sexual health are covered including;

- ⇒ The stages of childhood sexual development & what children should know at each stage
- ⇒ Teaching tips and specific examples of ways to explain bodies & body processes
- ⇒ Strategies for answering the tough ques-

tions children ask

- ⇒ Tips for incorporating family values, beliefs, religion, and culture into sexuality education
- ⇒ Resources for parents to review and information to take home
- ⇒ Ideas for using popular culture and media as a teaching tool

Our workshop is adapted to meet the unique needs of each group and offer lots of time for participant questions.

Contact Jennifer
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 jgibson@islandsexualhealth.org

Workshop Outline