

## Chapter VII

### Sample Materials from Let's Talk Month Campaigns around the Nation



## Sample Poster/Flyer

## 10 Things *You* Can Do For Let's Talk Month

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Include an article about Let's Talk Month in your newsletter or bulletin.
- Sponsor a parent-child communication training program at your school.
- Provide parents with resources such as pamphlets, brochures, and articles, etc.
- Encourage your school board members, administrators, teachers, nurses, and counselors to attend training programs in child/adolescent health and sexuality.
- Ask parents and other adults to wear an "I'm Askable" button.
- Suggest that parents leave an "invitation to talk" in their child's lunch, bedroom, on a mirror, or any other place the child will find it.
- Sponsor a contest (e.g., coloring, poster, or essay) for your students that encourages parent-child communication.
- Promote local civic organizations to sponsor an event that will promote child health and/or parent-child communication.
- Encourage local churches and other faith organizations to participate in promoting Let's Talk Month activities in your area.
- Start a "make a date" campaign. Ask parents to schedule a time with their family to sit down and talk together.

## Sample Poster/Flyer

# Strategies for Civic and Service Organizations

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Host a special presentation for your group on parent/youth communication about sexuality.
- Endorse Let's Talk Month Resolutions or Proclamations.
- Adopt parent/youth communication about sexuality as a priority area for the group's service and funding activities.
- Sponsor community activities during Let's Talk Month.
- Purchase educational materials for community-wide distribution and for the public library.
- Recruit members of your organization to develop leadership skills and a commitment to community service for youth.
- Provide community leadership to raise public awareness of the issue of sexual risk taking by designating a spokesperson for the organization to speak with the media.
- Work collaboratively with school, health or social service organizations to develop a volunteer mentoring program for at-risk youth.
- Hold a community forum on parent/youth communication about sexuality.
- Hold poster, essay or rap contests for youth on the theme of parent/youth communication

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## Sample Poster/Flyer

### Strategies for Policy Makers

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Pass a resolution proclaiming October as Let's Talk Month.
- Issue a news release to broaden public awareness of the goals and objectives of Let's Talk Month.
- Participate in local, county and state level activities for Let's Talk Month and support on-going activities to prevent teen pregnancy.
- Host a city-wide public forum for community ideas to promote parents as sexuality educators of their children.
- Convene or join a task force to study the scope of sexual risk taking behaviors in your municipality or county, to identify community resources, and to prioritize activities that can be undertaken to address the problems.
- Initiate public-private partnerships to generate funds or in-kind donations for needed community services that are effective in supporting families.

## Sample Poster/Flyer

# Strategies for Health and Social Services Organizations

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Sponsor a community kick-off luncheon during Let's Talk Month to help parents communicate with their children, showcase local programs and to build support for comprehensive, balanced sexuality education.
- Organize a health fair at a local park, shopping mall or school to link residents to health resources in the community.
- Provide supervised recreational programs after school and a study center for homework help.
- Develop a speaker's bureau on parent/youth communication about sexuality.
- Provide training for parents and adult leaders in the community on how to talk about sexuality, decision making skills, and values.
- Create clubs for at-risk youth to promote a positive sense of self esteem, develop leadership skills and achieve academic excellence.
- Train and support peer educators as positive role models in the community to provide information and access to services for at-risk youth.
- Develop adolescent health clinics in community locations or school sites to provide specialized health education and clinical services.
- Provide a hot line for parents and teens with information and referral about sexuality issues.

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## Sample Poster/Flyer

### Strategies for Media

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Write an editorial or publish an op-ed endorsing the goals for Let's Talk Month in your community.
- Donate advertising space and printing of materials for Let's Talk Month activities in your community.
- Develop and broadcast public service announcements about Let's Talk Month.
- Sponsor or cover a distinguished lecturer speaking on parent/youth communication about sexuality.
- Feature articles or programs on parent/youth communication about sexuality.
- Sponsor a song writing contest focused on communication.
- Involve a well-known media personality in a community event during Let's Talk Month.
- Start a Teen Talk call-in radio show or newspaper column using local experts and teen moderators or writers.

## Sample Poster/Flyer

# Strategies for Parents and Other Family Members

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Set aside time each day to talk with and listen to your children.
- Be a positive role model for your children.
- Make home a place where your children are safe, loved and nurtured and where there is mutual respect and enjoyment.
- Learn to be an “askable” adult who will accept all questions and answer all questions honestly, especially about sexuality.
- Go to the public library with your children and develop the habit of borrowing books for fun and information.
- Watch television together and discuss behavior reflecting on your standards and values.
- Become an advocate at the local, state or national level for programs and services that help prevent sexual risk-taking behaviors.

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## Sample Poster/Flyer

# Strategies for Schools or School Districts

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Conduct focus groups with students to learn more about the school's role in promoting parent/youth communication about sexuality.
- Pass a school board resolution endorsing the goals of Let's Talk Month.
- Plan a poster or essay contest during Let's Talk Month on reasons why some young people get sexually involved and reasons why others wait.
- Organize a conference on adolescent health issues including relationships, peer pressure, teen pregnancy, sexually transmitted infections, drugs and alcohol, smoking, depression and suicide.
- Develop a series for the school newspaper on parent/youth communication about sexuality.
- Conduct a student survey to identify the prevalence of high-risk sexual behaviors.
- Provide workshops for parents on how to talk about sex with their children.
- Sponsor a comprehensive after school program for at-risk children.



## Sample Poster/Flyer

# Strategies for Business or Industry

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Endorse the Let's Talk Month resolution as a sound "investment" in the future.
- Sponsor community activities during Let's Talk Month.
- Donate space or in-kind goods or services to a program or community alliance working to promote parent/child communication.
- Develop a resource center for your employees providing information on health, education, social support, and recreational services available in the community for families.
- Provide work internships for youth in the community to help develop a future work force and provide positive alternatives to unsupervised high-risk behaviors.
- Offer release time for staff to participate on voluntary boards or task forces that address youth issues.
- Hold brown bag seminars on parent/youth communication about sexuality for employees.
- Insert flyers on parent/youth communication about sexuality in paycheck envelopes.

## Sample Poster/Flyer

## Strategies for Communities of Faith

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Educate your congregation about Let's Talk Month.
- Sponsor a youth fair or a conference on teen sexuality.
- Engage youth in theater performances about sexuality issues.
- Develop a teen musical which includes positive messages about sexuality.
- Sponsor a panel of teens to speak to your youth group about reproductive and sexual health experiences.
- Offer parenting classes about sexuality.
- Open up your synagogue/mosque/church to community organizations to use for after school, evening, and weekend activities.
- Write a position statement about parent/youth communication about sexuality.
- Write a pastoral letter for your congregation and circulate it to other congregations about Let's Talk Month.
- Sponsor an interfaith conference on sexuality.
- Dedicate sermons and religious school lessons to sexuality issues during October.

## Sample Poster/Flyer

# Strategies for Teens

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality. Below are a few ideas on how you can participate in Let's Talk Month:

- Watch a movie or TV program about the relationships between young people. Watch for pressures, realism, behaviors, consequences or actions, etc. Discuss these issues with a parent, sibling, or friend. What messages are given in the show about the teen relationships?
- List the characteristics you think are important in a boyfriend/girlfriend, the characteristics you think are important in a marriage partner, and the characteristics you think are important in a parent. Compare the lists and discuss the differences.
- Read a book about sexuality. Choose the topic of sexuality for your next report, presentation, or group project at school.
- Write an article or letter to the editor for your local paper about communication with parents about sexuality.
- Ask your school newspaper to focus on Let's Talk Month in October.
- Talk with your parents about sexuality.
- Invite a speaker to your youth group, club, team, or other group to discuss sexuality.
- Ask your church/synagogue to sponsor a service on parent/youth communication about sexuality.

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## Sample Proclamation

### Sample Proclamation of Let's Talk Month by County Board of Commissioners

WHEREAS, healthy attitudes about sexuality are essential to raising responsible, self-reliant children; and

WHEREAS, parents are the primary sources of sexuality education for their children; and

WHEREAS, parents need support from family, friends, neighbors, schools, community organizations, and institutions to instill and reinforce healthy attitudes toward sexuality; and

WHEREAS, Let's Talk Month is a national and statewide initiative that underscores the importance of a strong partnership between families and their community to help young people foster responsible and positive attitudes toward their sexuality; and

WHEREAS, working together, parents and their communities can provide the information and support necessary to prepare today's young people for their responsibilities as adults and parents of tomorrow;

Now, Therefore, Be It RESOLVED, The Ramsey County Board of Commissioners hereby proclaims October 2002 as Let's Talk Month and commends this observance to our citizens.

Signed by

County Board of Commissioners  
County Manager

# State of North Carolina



JAMES B. HUNT JR.  
GOVERNOR

## LET'S TALK MONTH

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

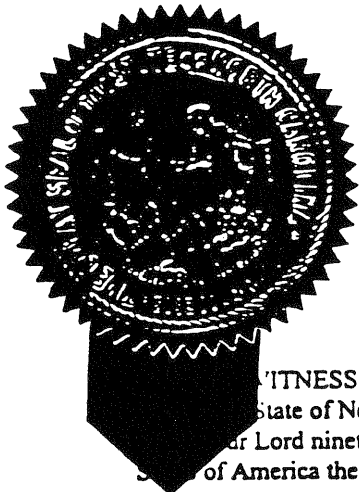
### A PROCLAMATION

WHEREAS, the Adolescent Pregnancy Prevention Coalition of North Carolina emphasizes that parents are the primary sources of sexual education for their children. Let's Talk -- National Family Sexuality Education Month -- encourages individuals, community organizations and institutions to celebrate October by conducting special events promoting family education about sexuality; and

WHEREAS, Let's Talk Month notes the importance of a strong partnership between the community and the family in helping young people foster responsible and positive attitudes towards their sexuality. Religious organizations and community agencies are assuming leadership roles in this effort by providing information, resources and educational programs for parents and children; and

WHEREAS, accurate education about sexuality will prepare today's young people to educate their children. An honest approach to sexuality and an ability to inform children in an appropriate manner are elements that promote healthy sexual attitudes and behavior. Working together, parents and their communities can provide the information and support necessary to prepare today's young people for their responsibilities as adults and parents of tomorrow;

NOW, THEREFORE, I, JAMES B. HUNT JR., Governor of the State of North Carolina, do hereby proclaim October, 1995, as "Let's Talk Month" in North Carolina and commend this observance to our citizens.



  
JAMES B. HUNT JR.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this third day of July in the year of our Lord nineteen hundred and ninety-five, and of the Independence of the United States of America the two hundred and eighteenth.

# Proclamation

WHEREAS, *The Cumberland County Coalition on Adolescent Pregnancy emphasizes that parents are the primary sources of sexual education for their children. Let's Talk - National Family Sexuality Education Month encourages individuals, community organizations and institutions to celebrate October by conducting special events promoting family education about sexuality; AND*

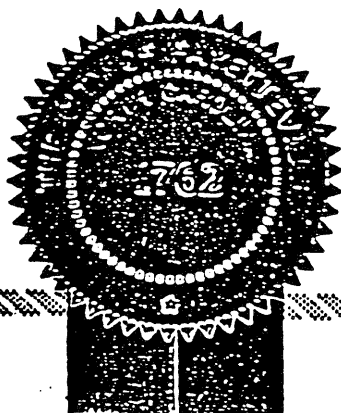
WHEREAS, *Let's Talk Month notes the importance of a strong partnership between the community and the family in helping young people foster responsible and positive attitudes toward their sexuality. Religious organizations and community agencies are assuming leadership roles by providing information, resources and educational programs for parents and children; AND*

WHEREAS, *Accurate education about sexuality will prepare today's young people to educate their children. An honest approach to sexuality and an ability to inform children in an appropriate manner are elements that foster healthy sexual attitudes and behavior. Working together, parents and their communities can provide the information and support necessary to prepare today's young people for their responsibilities as adults and parents of tomorrow; AND*

NOW, THEREFORE, I, J. L. Dawkins, Mayor of the City of Fayetteville, North Carolina, do hereby proclaim the month of October 1991 as,

LET'S TALK MONTH

*In Fayetteville, North Carolina, and urge all citizens to commend this observance.*



*J. L. Dawkins*

J. L. Dawkins  
Mayor



## Month of October is 'Let's Talk' month

By VALERIE BUSSE

What is Let's Talk Month?

Let's Talk Month is a national public campaign celebrated in October which encourages parent/child communication about sexuality and is coordinated by Advocates for Youth.

10/18/2004

Advocates for Youth is dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health.

Studies show that the number one factor in healthy adolescent sexual decision-making is good communication and close relationships with and between a child's parents or adult guardian. When parents talk to and affirm the value of their children, young people are more likely to develop positive, healthy attitudes about themselves. This is also true when the subject is sex. Research shows that positive communication between parents and their children can help young people establish individual values and make healthy decisions.\*

According to Barbara Huberman, RN, MEd, Director of Education and Outreach for Advocates for Youth, parents who act on the belief that young people have the right to accurate sexuality information are parents whose teens will delay the initiation of intimacy and use contraceptives when they choose to become sexually active.\*

Initiating conversations about the facts of life may be difficult for some parents because they did not grow up in an environment where the subject was discussed. Some parents may be afraid they do not know the right answers or feel confused about the proper amount of information to offer. Fortunately for those parents there is a lot of help out there.\*

This year Marshall and Hardin Counties, through collaborations between Youth & Shelter Services of Marshall County, The Community Y of Marshalltown, the Women's Health & Education Center and Eldora-New Province School District, will be writing a series of articles. These articles will appear in the Times-Republican and the Hardin County newspaper throughout the month of October. The intent is to give parents the information and resources they may need in order to feel prepared and comfortable when talking to their kids about sexual health and decision-making. There are some excellent books on the market for parents. A list will be made available at the Marshalltown Public Library and the Walden Bookstore in the Marshall Town Center.

For those parents who have access to the Internet, there are numerous web sites available. A favorite of youth development professional and one that is parent friendly is

[www.advocatesforyouth.org/parent/resources.html](http://www.advocatesforyouth.org/parent/resources.html). This Web site has a lot of user-friendly information and provides links to other sites. The Web site provides a list of books, lists and links to other Web sites, a place to ask questions and statistics on teen pregnancy and STI (sexually transmitted infection).

While it may be easier to have discussions about sex with your kids if you start early, remember it is never too late to begin. Make it happen today. Get the information you need to feel comfortable and remember, if you don't have the answers admit it, and tell your child you will find out, better yet research it together. It is a great ice breaker.

While communicating with your child remember some simple guidelines: \*Listen more than talk; Focus on behaviors, not person; consider other views; encourage an open exchange of ideas; foster the young person's decision-making ability; encourage and receive questions; admit ignorance when appropriate and find the answers; share values and beliefs; explore feelings; show agreement and support often; keep a sense of humor; be clear about expectations and listen, listen, listen!

Be sure to check out the Let's Talk information table during the Marshalltown Community Health Fair on Oct. 16 at the Marshall Town Center between 9 a.m. and 5:30 p.m. A representative will be available to answer questions and take comments. So LET'S TALK.

\*direct quotes from Advocates for Youth Web site

Editor's note: Valerie Busse is a prevention specialist for Marshall County Youth and Shelter Services.

# Breaking the Cycle's *Adult Advisors Academy*

## When a child asks you.....

What does sex feel like?

## Do you...

- A: Change the subject quickly
- B: Wash his mouth out with soap
- C: Answer openly and honestly

*Do you need help communicating with Children on issues of Sexuality?*

Capitol Community Technical College  
61 Woodland Street  
Hartford, CT

October 18, 1997

9:00 a.m. - 2:00 p.m.

### **Keynote**

Patricia Wilson-Coker, J.D., M.S.W.  
CT Department of Social Services

### **Workshops**

Spirituality and Sexuality: connecting the two

Rev. Martha Klein Larsen

Social, Cultural and Family Values: their effects on adolescents sexuality

Amos Smith, M.S.W, LISW

Building Relationships with Parent and Child

Dr. Ramón Rojano, M.D.

How to Become an "Askable" Adult

Enid Matos Toro

## **Registration Due October 6, 1997**

Registration Fee: \$20.00

For more information please call Jack Cullin at 236-9357



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Adult Advisors Academy Workshop registration

Organization Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Which workshops will you attend \_\_\_\_\_

Enclosed Amount \_\_\_\_\_

Return this form and  
check payable to:

Hartford Action Plan on Infant Health, Inc. ● 30 Arbor Street ● Hartford, CT 06106 ●  
Ph. 860-236-9357 ● Fax 860-232-8321



A decorative border surrounds the text, featuring various styles of hearts, some with arrows, and several flowers, including roses and lilies.

**"Can We Talk?"**

**FREE DINNER AND WORKSHOP  
FOR MOTHERS AND DAUGHTERS**

**TOPIC: ADOLESCENT SEXUALITY**

**OCTOBER 17, 1996  
BAPTIST CHURCH OF THE COVENANT  
CORNER OF UNIV. BLVD. AND 22ND STREET SOUTH  
6:00 - 8:30pm**

**ALL PARTICIPANTS MUST REGISTER PRIOR TO WORKSHOP  
DAUGHTER(S) MUST BE BETWEEN THE AGES OF 12 AND 14  
BOTH MOTHER AND DAUGHTER(S) MUST ATTEND  
LIMITED SEATS AVAILABLE**

**FOR MORE INFORMATION CALL:  
322-2121**

**THIS WORKSHOP IS CO-SPONSORED BY:**

**PLANNED PARENTHOOD OF ALABAMA  
CLERGY FOR SEXUAL RESPONSIBILITY  
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY,  
UNIVERSITY OF ALABAMA AT BIRMINGHAM**

**DOOR PRIZES WILL BE GIVEN**

ARE YOU MAN ENOUGH FOR...

# MANTALK

"SEXUALITY AND RESPONSIBILITY"  
for Males Ages 10-16

7:00 PM - 9:00 PM  
TUESDAY, OCTOBER 24, 1989

FOOD!

GASTON BOYS' CLUB  
311 N. DALLAS ST.  
GASTONIA

FUN!

FACTS!

Guest Speaker: Stanley Graham  
from  
Male Clinic, Charlotte

FREE ADMISSION



AN EXTRA SEVEN POUNDS  
COULD KEEP YOU OFF  
THE FOOTBALL TEAM.

For More Information Contact:

GASTON BOYS' CLUB 864-5681

SPONSORED BY THE ADOLESCENT HEALTH COUNCIL OF GASTON

# TALKING WITH YOUR ADOLESCENT ABOUT SEXUALITY

## A TWO PART SERIES FOR PARENTS OF ADOLESCENTS

This program is designed to involve parents in open and supportive discussions dealing with the confusing questions that surround their adolescent's newly emerging sexual identity.

WHEN: Monday, October 24 and Tuesday, October 25

TIME: 7:00 to 9:00 p.m.

WHERE: Benjamin Branch Library  
1530 Benjamin Parkway

### TOPICS INCLUDE:

October 24 "Physical And Emotional Development of 10 - 15 Year Olds"

Bobby Doolittle, M.D.  
UNCG Student Health Center

Ellen Lancaster, R.N.  
Kiser Middle School

Mary Nelle Smith  
Youth Care, Inc

October 25 "Social Pressures, Communication Skills, and Assertivness Training for Adolescents."

Emilie Hamlow  
Family Life Council of Greater Greensboro, Inc.

Lisa Ramsour  
Family and Children's Service

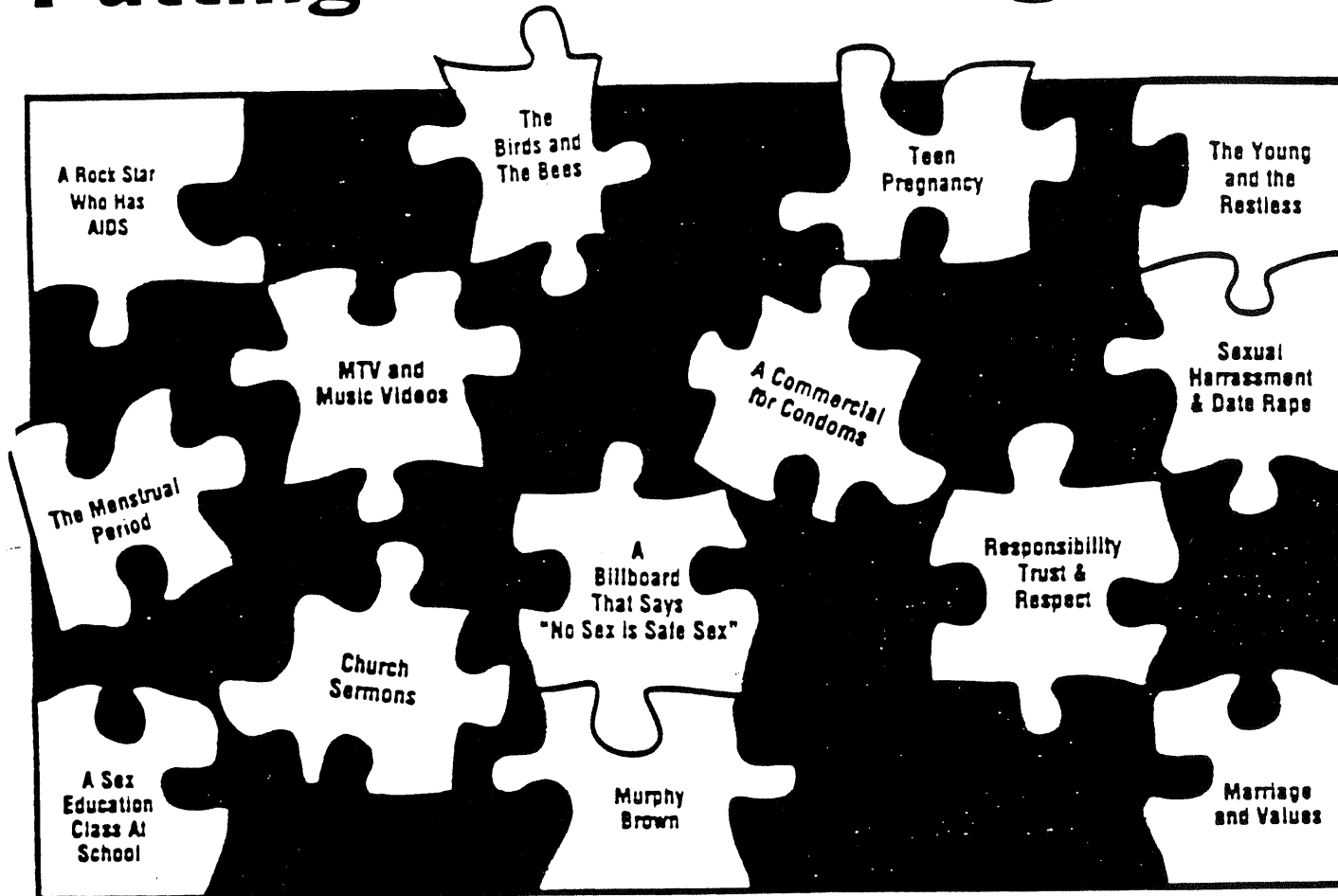
This program is offered free of charge, but registration is limited.  
Call Family Life Council at 373-1442 for more information.

A United Way Service



CO-SPONSORED BY THE COALITION ON ADOLESCENT PREGNANCY OF THE  
FAMILY LIFE COUNCIL, THE GREENSBORO COUNCIL OF PTA'S  
AND THE GREENSBORO PUBLIC LIBRARIES

# TEACHABLE MOMENTS: Putting the Pieces Together



## Parents: It's Time To Talk

### "Kids Need to Know" Workshop

West End United Methodist Church

Saturday, October 17

9:00 am to 1:00 pm

Sponsored by

Nashville Adolescent Pregnancy and Prevention Council

To Register call 741-5653

To see how well you communicate with your teenager regarding attitudes toward healthy sexuality, take this 12 point quiz!

In the last 6 months, I have had an open, honest conversation with my teenager about his or her:

YES NO

- Physical/sexual development
- Emotional development/relationships
- Parenthood
- Traditions/Rites of passage
- Spiritual development/religion
- Sexual orientation
- Abstinence
- Birth Control
- Sexual abuse/ assault
- STD's/HIV
- Values/bellefs/ attitudes
- Role models/ mentors

If you answered "NO" to even one of the above, you need to know what *Let's Talk Month* has to offer you and your teenager!

## Let's Talk Month

is sponsored by:

The Annex Teen Clinic

Co-Sponsors include:

Fremont Clinic

Girls Discovering the Spirit

Parish Community of St. Joseph

Pilot City Health Center

Pyramid Counseling

Robbinsdale Area Community Education

Robbinsdale Area Redesign

Contributors include:

Broadway Pizza

Resource Printing



The Annex Teen Clinic  
4915 42nd Avenue North  
Robbinsdale, MN 55422

612-533-1316

How  
often  
do you  
really  
talk with  
your  
kids?

## Let's Talk Mouth

is a nation-wide campaign during October to encourage parent-child discussion about sexuality issues.



## Let's Talk Mouth

activities promote honest and open communication, and positive attitudes about sexuality.



It's up to parents and caregivers to pass on their own values and beliefs to kids, while providing complete and accurate information.



## Let's Talk Mouth

events are intended to provide resources, tips and support for parents and caregivers as sexuality educators at home.

Here are 3 ways to help you get started talking with your kids!

### 1 Attend any of the following events

#### Key Note speaker

*Nicky Marone* author of  
How to Father a Successful Daughter & How to Mother a Successful Daughter

North Memorial Medical Center

Saturday, October 3

520-5940

#### Celebration of Change

Three-part series for mothers and daughters on the positive changes of puberty and growing up. Discussions include communication skills, physical and emotional development, addressing difficult issues, and opportunities for reflection and sharing.  
Mondays, October 19 & 26, November 2  
6:30 - 9:30 p.m.

Technology and Language Campus

4139 Regent Ave. N. Robbinsdale

Cost \$38 for each

mother-daughter (age 9-12) pair

To register call 504-4910 or 504-4912

#### Parent - Teen Panel

#### Discussion

A panel discussion comprised of parents, teens and "experts" in sexuality issues and communication. Topics include questions parents and teens have, the challenges of discussing sexuality and media influences.

Thursday, October 29 7:00 - 8:30 p.m.

Technology and Language Campus

Media Center

Call 533-1316 for more information

#### Parents' Night at the Annex

The Annex staff and volunteers are inviting parents and other community members to visit the Annex. Come meet the staff, tour the facility, ask questions, explore

Let's Talk Mouth resources on parent-child dialogue and partake in snacks.

Wednesday, Oct. 21 6:00 - 8:00 p.m.

Annex Teen Clinic

4915 - 42nd Ave. N. Robbinsdale

Call Leah or Sara at 533-1316

for more information

### 2 Ask for information that will help you

- Hennepin County Library bibliography
- Annex pamphlets on all topics of sexuality

### 3 Just sit down with your kid and start talking!

- Use any of the topics listed on this flyer to get started



FAX ALERT:  
October 3, 1997

## VOLUNTEERS NEEDED FOR *RAISING HEALTHY KIDS* TRAINING

### GCAPP Launches "Let's Talk" Initiative

G-CAPP NEEDS VOLUNTEER GROUP FACILITATORS WHO ARE WILLING TO TRAIN 100 PARENTS WITHIN THE NEXT 12 MONTHS.

INDIVIDUALS WHO HAVE EXPERIENCE IN GROUP FACILITATION AND ARE COMFORTABLE TALKING ABOUT SEXUALITY ISSUES SHOULD APPLY FOR PARTICIPATION IN THE G-CAPP TRAINING

Research, focus groups and numerous trips around the state have underlined one startling, and disappointing, fact: almost no one is talking to teens about sex and their individual sexuality. GCAPP has heard a resounding cry from parents in every corner of Georgia: help me talk to my children.

Parents find themselves either uncomfortable, lacking in verbal expertise, or unaware of the facts. Most did not have conversations with their own families and are continuing the same pattern of either not talking at all, or talking too late. With the onset of puberty starting earlier, added to a confusing array of outside influences on children, it is imperative that parents have age-appropriate conversations with their children.

To promote parent-children communications about sexuality, G-CAPP will distribute "*Raising Healthy Kids*," a video by award-winning producer Jeanne Blake.

This video consists of two components: parents with children aged 0 - 7 and parents with children aged 7 - 17. Our goal: to share this valuable information with 20,000 parents in the next year.

- GCAPP WILL PROVIDE one day training for volunteers and curriculum materials, including the *Raising Healthy Kids* video.

#### Training Dates and Locations:

- Tuesday, October 21, 1:00 PM - 5:30 PM - Wednesday, October 22, 8:00 AM - 12:00 PM  
Crowne Plaza, Macon, GA
- or
- Wednesday, November 12, 8:30AM - 5:00PM - Omni Hotel, Atlanta, GA

For training workshop registration materials, please call the G-CAPP office at (404) 524-2277.  
For further information please contact Bridget Susi at (404) 524-2277.



# Monroe Schools

*"Communities Make  
Effective Schools"*

October 17

Dear Parent(s) and Guardians (s) of Elementary Students:

You are the primary educators for your children. Each year in October, the North Carolina Coalition on Adolescent Pregnancy coordinates a statewide celebration of "Let's Talk Month." This year the emphasis is on "Parents: It's Time To Talk!"

The enclosures are for your information to use with your children only if you choose. These flyers are designed to help parents become comfortable and confident sharing knowledge about sexuality, and help young children in developing values that show respect, caring and commitment.

This information has been placed in a sealed envelope for your child/children to bring home to you.

It is a fact that young people will make more mistakes out of misinformation and ignorance than from sexual knowledge and awareness! Just as in all other areas of growing up, children need guidance and information from parents.

Sincerely,

*Vicki E. Klaas*

Vicki E. Klaas, M.Ed., R.H.Ed.  
Health Education Coordinator

mjw

Enclosures 4



# STOKES COUNTY HEALTH DEPARTMENT



To: Ministers  
Youth Services Coordinators

From: Crystal Motlasz, M.S., CHES  
Health Educator

Date: October

Re: Let's Talk Month

October is Let's Talk Month and is sponsored by the North Carolina Coalition on Adolescent Pregnancy. The purpose of this month long event is to encourage communication between parents and their children about sexuality and other adolescent concerns.

Today's youth often encounter challenges that may have an everlasting impact on their life. Parents and families should and can still be the most powerful and positive force upon the young despite influence from peers and the mass media.

Children and young adults may act like they "know it all" about sex but many times the information they receive is only partially or not correct. Despite their "know it all" attitude 93 Stokes County teenaged girls became pregnant in 1992! Two of these pregnancies were to a 13 and a 14 year old. Unplanned pregnancies can result in dropping out of school, financial burden to families and the community at large and the loss of a teen's chance for a bright future.

Churches have an important role in our community and I would like your congregation to be involved in Let's Talk month. Some suggestions are to have a sermon on sexuality and family values, an article in your weekly bulletin or to sponsor a program for your youth and adult Sunday School classes.

I have enclosed the solutions from teens on how churches can promote delaying sexual activity from the Bowman Gray School of Medicine, Wake Forest University, Preventing Adolescent Pregnancy Problems project. A binder called "A Child Is Born" from the Governor's Commission on Reduction of Infant Mortality is available by contacting me at 593-2400. The binder offers Sunday School/sermon lesson plans based on scripture that can be used to encourage women and teenage girls who are pregnant to seek early prenatal care. There is no cost for the binder.

Please feel free to call me for more information and other resources.

# SPECIAL ANNOUNCEMENT

To: Local Churches and Community Organizations

From: Adolescent Pregnancy Prevention Coalition of Cleveland County  
Cleveland County Health Department

Re: **"Let's Talk Cleveland County"**

Date: October 1

October is National Family Sexuality Education Month throughout the country. To celebrate NFSE Month, Governor Martin has proclaimed October as **"Let's Talk Month"** in North Carolina.

**"Let's Talk"** conveys an important message: parents are the primary sexuality educators of their children. The purpose of **"Let's Talk"** is to encourage individuals, community organizations and institutions to conduct special events which support parents in their efforts to guarantee children accurate and healthy information about sexuality. Working together, parents and their communities can provide the information and support necessary to prepare today's youth for the responsibilities of tomorrow's adult and family living.

You can participate in this campaign by encouraging members of your organization/institution to attend **"Let's Talk Cleveland County"** on Tuesday, October 22, 1991 from 3:30pm until 5:00pm at the Cleveland County Health Department on the second floor in the conference room. Barbara Huberman, Executive Director of the North Carolina Coalition on Adolescent Pregnancy, will speak to us on the problem of teen pregnancy in North Carolina and what local communities are doing throughout the state to address the problem.

Please make a special effort to ensure that your organization/institution is well represented at **"Let's Talk Cleveland County"** on October 22. Together we can initiate more dialogue that will lead to a better understanding of teen sexuality and to real solutions to the problem of teen pregnancy in our area.

Enclosed you will find data regarding adolescent pregnancy in Cleveland County. Please make additional copies of this information and distribute it throughout your organization/institution.

Thank you!



United Way  
of Central Carolinas

Tips  
for



Better Living

## WHAT PARENTS CAN DO To Teach Your Children About Sexuality

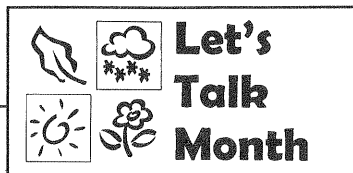
- **SHARE YOUR BELIEFS, CONCERNS AND VALUES.** Your children need to know where you stand.
- **LET YOUR CHILDREN KNOW THEY CAN TRUST YOU** and come to you even when they make mistakes.
- **ANSWER QUESTIONS HONESTLY.** Tell your children what they want to know using words they can understand.
- **BE PATIENT.** The same questions may be asked again and again.
- **START CONVERSATIONS.** Some children never ask about sex.
- **DO NOT USE MYTHS OR FABLES.** Don't talk about animals and plants when your child wants to talk about people.
- **INFORM YOUR CHILD ABOUT SEXUAL ASSAULT** in the same manner you would warn them about other dangers.
- **HELP YOUR CHILDREN LEARN HOW TO MAKE GOOD DECISIONS,** and how to stand by their decisions.

*The Mecklenburg Council on Adolescent Pregnancy  
works to facilitate and promote community efforts  
in adolescent pregnancy prevention  
and related health issues.*

*For more information, call*

**332-6721**

LET'S TALK MONTH 2004



The fall in Minnesota, a time for changing leaves, dropping temperatures, and families talking about sex. Yes, that's right, families need to talk about sex. October is Let's Talk Month (LTM), a time to emphasize the importance of communication between adults and youth in helping young people develop responsible, positive attitudes and behaviors about sexuality.



**FACT:** Young people want to talk to their parents and caregivers about healthy sexuality.

Minnesota is not alone in recognizing Let's Talk Month. Nationally, October is recognized as Let's Talk Month by organizations such as Advocates for Youth ([www.advocatesforyouth.org](http://www.advocatesforyouth.org)) and The National Campaign to Prevent Teen Pregnancy ([www.teenpregnancy.org](http://www.teenpregnancy.org)). Since MOAPPP supports parents as the primary sexuality educators of their children, we support LTM, too.

MOAPPP wants to support your community in promoting LTM. Please contact MOAPPP for assistance with your LTM plans. Check out what YOU can do for LTM by visiting [www.moapp.org](http://www.moapp.org). MOAPPP will post events and activities happening for LTM around the state on our website. If you are interested in publicizing your community event on the MOAPPP Calendar or want more information contact Lisa Turnham at the MOAPPP office (651) 644-1447 x18, [lisat@moapp.org](mailto:lisat@moapp.org).

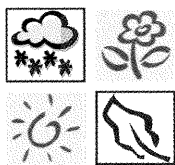
**FACT:** Young people who feel connected to their family and clearly understand their family's values concerning sexuality and relationships are more likely to avoid risk-taking behaviors.



### 10 Tips on Raising a Sexually Healthy Child

1. Let your child know they can trust you and come to you even when they make mistakes.
2. Know your children's friends and their families. Friends have a strong influence on each other.
3. Answer questions honestly! Tell your child what they want to know using words they can understand.
4. Be patient. The same question may be asked again and again.
5. Start conversations and be a good listener. Regularly make time to spend together.
6. Do not use myths and fables. Don't talk about animals and plants when children want to talk about people.
7. Inform your child about sexual assault in the same manner that you would warn them about other dangers.
8. Help your child learn how to make good decisions and how to stand by them.
9. Know what your children are watching, reading, and listening to. Current media images are full of negative messages.
10. Share and model desirable sexual values, attitudes, and behaviors. Your examples are the most powerful messages you can provide.

No matter the season, there is always a reason to talk with your kids. They need to hear it from you.



#### Let's Talk about healthy relationships

- ◆ Young people want to talk to their parents and caregivers about healthy sexuality.
- ◆ Young people want to know about relationships.
- ◆ Young people who feel connected to their family and clearly understand their family's values concerning sexuality and relationships are more likely to avoid risk-taking behaviors.

Start talking today!

[www.moapp.org](http://www.moapp.org) • 651.644.1447 • 1.800.657.3697

Let's Talk Month posters are available in English and Spanish. Contact Lisa Turnham at the MOAPPP office (651) 644-1447 x18, [lisat@moapp.org](mailto:lisat@moapp.org) if you would like to order posters.

Visit the Let's Talk Month website at [www.moapp.org](http://www.moapp.org) and find out what YOU can do to help families START TALKING!

## HOW TO START TALKING WITH YOUR CHILDREN ABOUT SEX

It's a different world today. Kids are growing up faster. Television, movies, magazines and music videos are bombarding our children with thousands of sexual messages a day. But that's not the only

**This pamphlet will give you some ideas on how to start having a one-to-one conversation with your child about sex.**

reason why more than one million U.S. teenagers will end up pregnant this year. Or why 60% of U.S. teens will have experienced sexual intercourse before their 18th birthday. Another important reason is that many parents don't know how to talk to their children about sexuality. They feel uncomfortable. They're not sure what to say or when to say it. If this sounds like you, hopefully this pamphlet will give you some ideas on how to start having a one-to-one conversation with your child about sex.



## GET TO KNOW YOUR CHILDREN

It's hard to talk about sexuality with someone you never talk to. So if you're not having a good talk with your kids every day, start making time for it. Ask them about school, their friends, their teachers. Turn off the television and find out what's going on in their world. If you start early and have regular talks with your children, talking about sexuality will be just like any other conversation.

## BEGIN EARLY

If you think 14 or 15 is a good age to begin talking about these things, think again. The dramatic rise in teen pregnancy has revealed that girls are having sex at 14. Boys are starting at 12. Obviously, we have to start talking to our children at an earlier age. Many experts believe 10 years of age isn't too early. But whatever age you think is right, the important thing is to start talking before your children become sexually active.

## TALK TALK TALK

What do you say? How do you say it? It's not easy. But you can make it easier if you prepare for it. Ask yourself what you wanted to know when you were a kid. Write it down. Know what you want to say. Then set aside some time and talk one-to-one. Wherever you feel comfortable. When the time comes use direct language. Call a penis, a penis. A vagina, a vagina. Once your children know that you're willing to have an open and honest conversation about sexual intercourse, the dialogue will flow naturally. If you are not sure of when to start take advantage of particular moments—"teachable moments", when the opportunity presents itself. Whether using an article from a paper, a word in a song, or a program on television. Say something that lets them know you are willing to talk about it. The hardest part, most of the time, is getting started.

## SPEAK YOUR MIND

If you don't want your kids to have sexual intercourse, tell them. Tell them there's a time for everything. Right now, their time should be spent doing school work. Enjoying family and friends. Setting goals that will help them get everything they want out of life. By taking a stand on sexuality, your children will respect you. Believe it or not, you are the most powerful influence in their lives. What you say carries more weight than what their friends, teachers or anyone else may say. So tell them what you think.

## NOW LISTEN

Communication is a two-way street. You have had your chance to speak, now it's your child's turn. Let them say what they feel. Let them question your beliefs. That way they will know they're allowed to express themselves, without fear of losing your love. Or feeling that they're doing something wrong. Try to understand where they're coming from and really listen. Do not lecture or criticize. It's the only way your discussion can lead to understanding and agreement.

## HEARD ENOUGH?

Then do something about it. If you really care about your kids, you will keep them busy. Busy kids don't have time to drop out of school, take drugs or get pregnant. So encourage your kids to join little league, the school band, church choir or the neighborhood community center. And then join them. Become a basketball coach, a PTA or community center volunteer or a Scout leader. Whatever you do, become involved. Your involvement shows what you value and that you really care. And that can make all the difference in the world.

## DO YOUR HOME WORK

It is very easy to become a parent. It is much harder to become a good one. But the fact that you are reading this pamphlet shows that you care and want to do better. Of course, this is only a beginning. If you really want to make a difference in your children's sexual education engage in their lives and talk to them.

The best way to get information is actually talking to your children. However we know that talking with adolescents is not always so easy. Nonetheless parents have found that when they begin an open and honest dialogue with their children about sex that the communication among family members improve all the way around.

**If you need more information about sexuality and communication with adolescents look for guidance from:**

- Books in your Public Library.
- Pamphlets and advice from the Health Department.
- Classes through the Adult Education Program in your School District.
- Specific programs for adolescents and parents through local or national organizations, groups or religious affiliations.

## SOME SUGGESTIONS...

- ◆ Get to know your children's world. Be a part of it.
- ◆ Let them know what you value and set good examples.
- ◆ Respect their privacy.
- ◆ Be clear about how you feel and then share your thoughts.
- ◆ Use correct language when referring to sexual organs and behavior.
- ◆ Give them honest answers.
- ◆ If you don't know the answer let them know and go find out together.
- ◆ Even if they don't ask questions about sexuality take advantage of special moments to ask questions or talk about it.
- ◆ Remember that body language, facial expression and voice tone is just as important. Keep it consistent with what you are saying.
- ◆ Do not criticize or lecture. Listen to what they have to say.



Child Welfare League of America, Campaign for Our Teens  
Funded by Pacific Mutual Foundation.  
Adopted from Campaign For Our Children, Inc.

# HOW TO START TALKING WITH YOUR CHILDREN ABOUT SEX





## United Way of the Capital Area

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30 Laurel Street, Hartford, Connecticut 06106-1341 • Telephone (860) 493-6800  
Administrative Fax (860) 493-6809 • Community Services Fax (860) 493-1199

### Breaking the Cycle #2

*To air week of December 8 and 15, 1997*

Many parents remember learning about the facts of life on the street.

I'm George Bahamonde, president of United Way of the Capital Area.

Certain subjects, such as sex are too important to be left to the streets. Yes, talking about sex with your child is not easy. However, it just may be the best thing you can do to prevent teen pregnancy.

National research shows that good communication reduces risky behavior and makes children less likely to become teen parents. That's why United Way has joined with *Breaking the Cycle*, Hartford's teen pregnancy prevention campaign to encourage better parent-child communication.

Not sure what to say? Don't worry, we can help you start the conversation. For more information, call Infoline at 1-800-203-1234. Because as a parent, you are the most effective teen pregnancy prevention program.

This message was brought to you by United Way and this radio station.  
In partnership because . . . *good things happen in communities that care.*



## Television PSAs

*Breaking the Cycle's* television PSAs were developed by *Breaking the Cycle's* Public Awareness Work Group with writing assistance from Fox 61/WTIC-TV. The PSAs were produced by Fox 61/WTIC-TV.

### Script: English version

**Voice-over:** Talking about sex with your child is never easy. Finding the right words can be... difficult.

**Mother:** So let's review: the birds...

**Father:** Bees.

**Mother:** The birds...

**Father:** Bees.

**Mother:** The birds...

**Father:** Bees.

**Voice-over:** Our kids lives are filled with tests. Make this one test your kids don't have to take. Talk to your child. It's the best way to prevent teen pregnancy. Not sure what to say? For help and information, call Infoline: 1-800-203-1234.

### Script: Spanish version:

**Voice-over:** Hablar de sexo con sus niños nunca es fácil. Encontrar las palabras correctas puede ser difícil.

**Mother:** Tenemos que hablar sobre las cosas de la vida...

**Father:** Tu mamá quiere hablarte sobre las cosas de la vida.

**Mother:** Tenemos que hablarte sobre las cosas de la vida.

**Father:** Tu mamá...

**Voice-over:** Las vidas de nuestros niños están llenas de exámenes. Asegúrese que este no sea un examen que sus niños tengan que tomar. Hablando con sus niños es la mejor forma de prevenir el embarazo juvenil. ¿No sabe que decir? Para ayuda, llame a Infoline a 1-800-203-1234.



**HEY!**

**HEY!**

**HEY!**

DO YOU HAVE QUESTIONS ABOUT:

**SEXUALITY, DRUGS,  
TALKING WITH YOUR  
PARENTS?**



**SOUND CRAZY? NO!!!**

Listen For CALL-IN TALK SHOWS!

**WRMT 1490 AM**

October 18, 4:00-5:00

and

**WEED 1390 AM**

October 25, 4:00

ALSO TUNE IN TO CABLE CHANNEL 13

**"TWIN COUNTY LIVE"**

October 23, 7:00

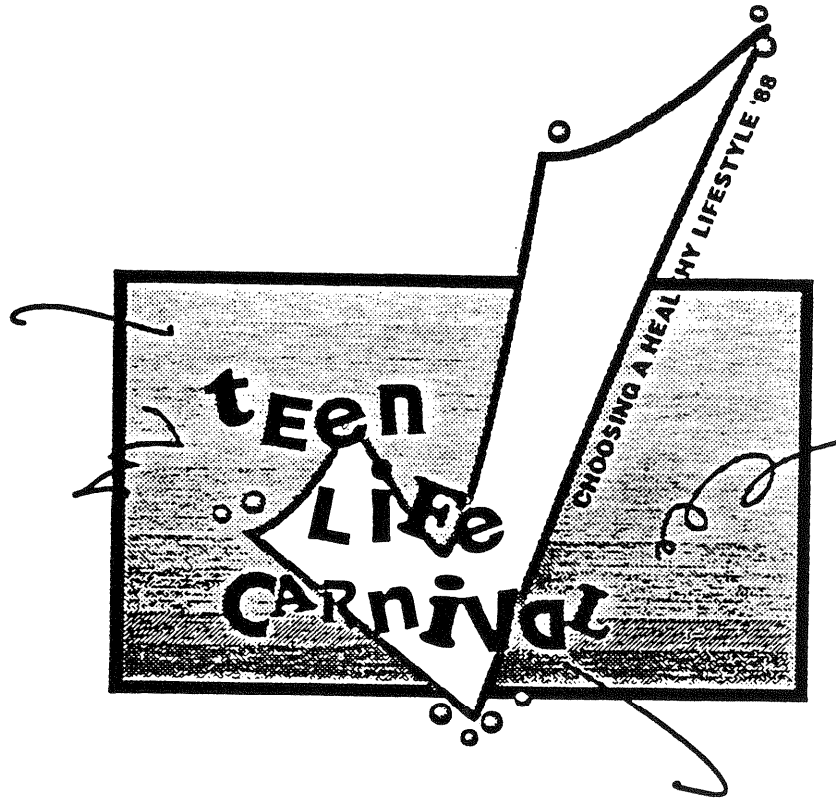


Sponsored by  
**NASH COUNTY LET'S TALK COMMITTEE**  
For More Information Call  
**459-9819**

# TEEN LIFE CARNIVAL

SATURDAY, OCTOBER 29th  
FROM NOON UNTIL 4PM

MIDTOWN SQUARE MALL AT THE CORNER OF KINGS & INDEPENDENCE



ENTERTAINMENT ■ DJ's ■ EXHIBITS ■ MUSIC  
CELEBRITIES ■ GAMES ■ DEMONSTRATIONS  
ART CONTEST ■ GRAFFITI WALL ■ PRIZES

Coordinated by: MECKLENBURG COUNCIL ON ADOLESCENT PREGNANCY

#### SPONSORS:

Charlotte Mecklenburg Urban League, Charlotte Medical Society, Council for Children, Drug Education Center, Junior League of Charlotte, Mecklenburg County Health Department, Metrolina Optimist, Midtown Square, Planned Parenthood of Greater Charlotte, Queen City Optimist, South Park Lions Club, Telephone Pioneers of America, WCKZ, Kiss-102 FM, WSOC-TV

# POSTER CONTEST

*SPONSORED BY*

**Albemarle Family Life Council  
Albemarle Arts Council  
Local Merchants of Elizabeth City**

- SUBJECT:** Communication between Parents and their children
- JUDGING  
CRITERIA:** Creativity, Originality, Neatness,  
Clarity of Message (words or pictures),  
Student's Name/Teacher/School/Grade  
(These need to be on the back of artwork)
- MEDIA:** Any media may be used including collage art pieces.  
Judges ask that art be on paper no larger than poster  
board or no smaller than 8 1/2 X 11 1/2.
- DEADLINE:** October 18  
Send all art to Susanne Sifford at the central office.
- PRIZES:** A prize will be presented to the BEST design in grades  
K-3, 4-6, 7-12. Presentations will be made on October  
22, 1991 at the College of the Albemarle Building B at  
7:00 p.m.

***HOSTED BY:***  
**College of the Albemarle**

ESSAY CONTESTS FOR  
LET'S TALK MONTH  
IN OCTOBER

The month of October is designated in North Carolina as Let's Talk Month. During this month, activities and programs are given in counties to promote improved parent/teen communication. In observance of this month, the Burke Coalition on Adolescent Health is sponsoring essay contests for Burke County Teens and their Parents. Teens and Parents are asked to compose essays on the following subjects:

- (1) "What I would like my Parents to know about Teenagers"
- (2) "What I would like my Teenager(s) to know about Parents"

These essays should be limited to two handwritten pages. Entries should be received by OCTOBER 4, 1991. The entries may be sent to:

Burke Coalition on Adolescent Health  
c/o Rebecca McLeod, Secretary  
P.O. Drawer 1266  
Morganton, NC 28655

Entries will be judged by members of the Education Committee of the Burke Coalition on Adolescent Health on October 11, 1991. Winners will be notified the week of October 14, 1991. Prizes will be awarded to winners in both categories. The winning entries will be published in the News Herald during the Month of October.

For more information call Rebecca McLeod at 433-4295.

-----  
(DETACH AND STAPLE TO EACH ENTRY)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: Home \_\_\_\_\_ Work: \_\_\_\_\_

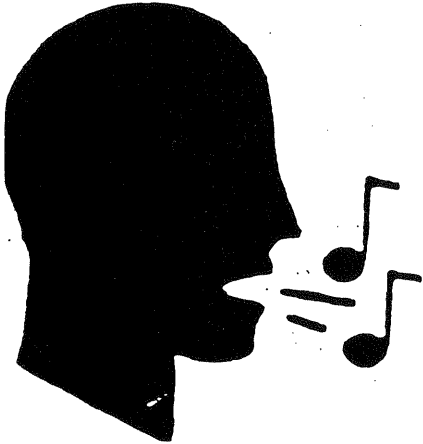
Category of Entrant: Teen \_\_\_\_\_ Parent \_\_\_\_\_

Sex of Entrant: Male \_\_\_\_\_ Female \_\_\_\_\_ U

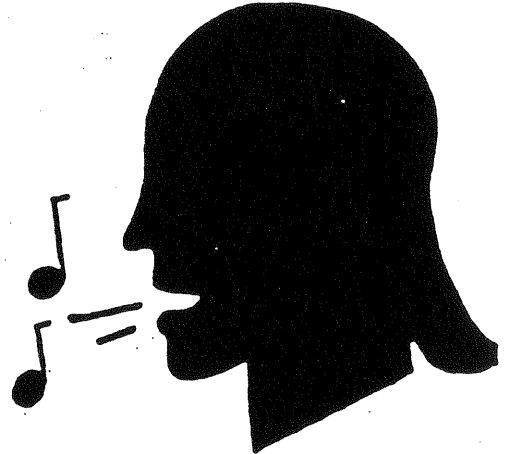
Age of Teen Entrant: \_\_\_\_\_

# TEEN FEST

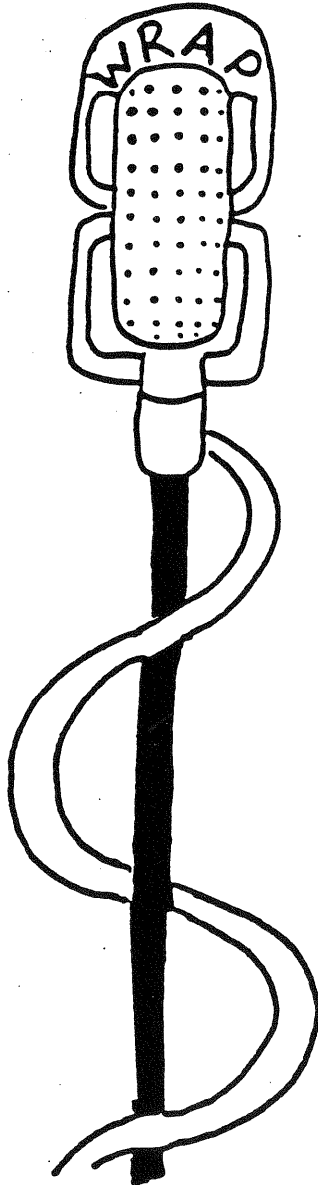
FEATURING A DISCO and  
**RAPPING CONTEST** for  
cash prizes  
( ON PLANNING FOR SUCCESS )



*Males Compete  
Against Males*



*Females Compete  
Against Females*



## GUEST DISC JOCKEY

From WPEG Radio  
FM 98  
Carolina's Hottest!!

## WHEN

DATE: Sat. October 22  
TIME: 2:00 - 4:00 P.M.

## PRIZES and FREE REFRESHMENTS

## FOR MORE INFORMATION CALL:

3 9 9 - 2 5 0 1 Ext. 236

## BROUGHT TO YOU BY:

Mecklenburg County Health Dept.  
Charlotte Medical Society  
WPEG Radio, WGIV Radio Stations  
Johnston Memorial Y M C A  
Coca Cola Bottling Company

## WHERE

Johnston Memorial Y M C A  
3025 N. Davidson Street.  
Charlotte, N. C.

## RULES: WHO CAN RAP:

Contestant forms are left  
with support centers, Beatties  
Ford Rd. Health Dept. & WGIV  
Radio. ( 2 per center, 1-Male  
1-Female, 13 - 19 years old)

\* DON'T MISS IT \*

TEENAGERS, ages 13-19, THIS IS FOR YOU and IT'S FREE BECAUSE WE CARE ! !  
PS. Please wear tennis shoes or come prepared to dance in your socks. Thanks.

# "Let's Talk" Month Calendar of Events

## OCTOBER

"LET'S TALK" Month emphasizes the importance of a strong partnership between the community and the family in helping young people foster responsible and positive ideas about sexuality.


Sponsored By  
 RANDOLPH COUNTY  
**COUNCIL ON  
 ADOLESCENT  
 PREGNANCY  
 PREVENTION**



1020 E. Dixie Dr., Suite 106, Asheboro, NC 27203

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>"LET'S TALK" Month is dedicated to supporting parents in their efforts to guarantee children accurate and healthy information about sexuality.</i>		1 "Helping Boys Be Responsible" - a Randolph County Council on Adolescent Pregnancy Prevention presentation at Asheboro Kiwanis Club meeting, Herbert's Restaurant, 999 Albemarle Rd., 6:45 p.m. MEMBERS & GUESTS ONLY.	2	3 "Building Your Child's Self-Esteem" with Randolph County Health Dept. Director Mimi Cooper at American Association of University Women's meeting at First Bank Community Room, 176 N. Fayetteville St., 7 p.m. OPEN TO PUBLIC. Geared to adults.	4
6	7	8 Friends of the Library present Dr. John Rosemond, noted child psychologist at Randolph Public Library's Meeting Room, 201 Worth St., Asheboro, at 7 p.m. Also presentation of Council on Adolescent Pregnancy Prevention's "Silver CAPP Award." PUBLIC INVITED!	9 "Building Your Grandchild's Self-Esteem," at Fellowship Lunch Program at Archdale Senior Center at 11 a.m. PUBLIC INVITED. Make reservations by calling 431-1938.	10 "When Children Have Children," sponsored by Randolph County Family Crisis, Episcopal Church of the Good Shepherd, 505 Mountain Rd., 7:30 p.m. TEENAGERS, their PARENTS & THOSE WHO WORK WITH TEENS are URGED TO ATTEND to learn social & economic issues facing teenaged parents.	11
13 "Mom, Dad, We Need To Talk" - a program on communications for parents & children at Franklinville United Methodist Church at 5 p.m. ALL AGES WELCOME!	14 "Parents & Children Talk" - a N.C. Cooperative Extension Service program to help parents talk about sex and the consequences - 7-8:15 p.m. In the Extension Service Office (Ira McDowell Center). OPEN TO PARENTS OF PRE-TEENS or TEENS. Preregister by October 1 by calling Lynne Qualls at 629-2131.	15 "Building Your Grandchild's Self-Esteem," Fellowship Lunch Program at Senior Adult Center in Asheboro at 11:30 a.m. PUBLIC INVITED. Make reservations by calling 625-3389.	16 "Building Your Grandchild's Self-Esteem," at Fellowship Lunch Program at Roy C. Reitzel Center in Liberty at 11:30 a.m. PUBLIC INVITED. Make reservations by calling 622-3955.	17	18 "Helping Your Child Tell The Difference Between Love & Romance" and "It Was Just A Date" (concurrent sessions) at Parents Without Partners' meeting at St. John's Lutheran Church, 505 S. Park St., 7:30 p.m. PUBLIC INVITED.
20 "Self-Esteem: Who Needs It?" - an inter-generational Sunday School Program at 10 a.m. at Dogwood Acres Presbyterian Church, 920 S. Park Dr., Asheboro. PUBLIC INVITED!	21	22 "Building Your Grandchild's Self-Esteem," Fellowship Lunch Program at Randleman Mini-Center (RHA), 606 S. Main St., 11:15 a.m. PUBLIC INVITED. Make reservations by calling 498-4332.	23	24 "Honestly, Let's Talk," sponsored by Randolph County Health Dept. in Health Department's Conference Room (Ira McDowell Center) at 7:30 p.m. A program to encourage parents to trust themselves as sexuality educators of own children. Designed for parents with middle school children. ADULTS URGED TO ATTEND!	25
27	28	29 Annual Meeting of the Randolph County Council on Adolescent Pregnancy Prevention at 7 p.m. in the Conference Room of Randolph County Health Department (Ira McDowell Center).	30	31	

BOOK DISPLAYS and reading lists:  
 Randolph Public Libraries, all locations  
 Covenant Books, 1520-D.E. Dixie Dr., Asheboro  
 Faith Book Nook, 514 E. Dixie Dr., Asheboro  
 Waldenbooks, Randolph Mall, Asheboro.

coordinated by 

"LET'S TALK" Month is endorsed by:  
 AMERICAN ASSOCIATION OF UNIVERSITY WOMEN • AMERICAN BUSINESS WOMEN'S ASSOCIATION • AMERICAN RED CROSS RANDOLPH-CHATHAM CHAPTER • ASHEBORO CITY SCHOOLS' PTO COUNCIL • MENTAL HEALTH ASSOCIATION & CONTACT • PARENTS WITHOUT PARTNERS CHAPTER #1009 • RANDOLPH COUNTY FAMILY CRISIS CENTER • RANDOLPH COUNTY SENIOR ADULTS ASSOCIATION • RANDOLPH PUBLIC LIBRARY • REGIONAL COUNCIL ON ADOLESCENT PREGNANCY PREVENTION SERVICES • YARBRO CHILDREN'S CENTER • UNITED WAY OF RANDOLPH COUNTY

## "Let's Talk Monthly"

The New Hanover County Health Department announces the following lecture series designed to help adults understand adolescence. "Let's Talk Monthly" will be held at:

New Hanover County Health Department  
Auditorium

7:30 pm - 9:00 pm



There will be no admission fee!

Dates and topics are as follows:

Tuesday, October 19.

"Living With Your 10 to 15 Year Old" A Parent Education Curriculum From The Center For Early Adolescence, UNC-CH. First of a three part series.

Speaker: Betty Jo McCorkle

Tuesday, November 16.

"Living With Your 10 to 15 Year Old" A Parent Education Curriculum From The Center For Early Adolescence, UNC-CH. Second of a three part series.

Speaker: Betty Jo McCorkle

Tuesday, December 7.

"Living With Your 10 to 15 Year Old" A Parent Education Curriculum From The Center For Early Adolescence, UNC-CH. Third of a three part series.

Speaker: Betty Jo McCorkle

Tuesday, January 25.

"Is The Answer At School? Bringing Health Care to Our Students" Speaker: Sheila Sholes-Ross, MA.

Tuesday, February 15.

"Silence Can Be Deadly: Talking To Your Teen About AIDS" Speaker: Anne Lawrence, RN, MSPH

Tuesday, March 15.

"Teens Talk Back: A Panel Discussion by Parenting Teens" Facilitator: Cyndi Meredith, Health Educator

Tuesday, April 26.

"Teen Suicide: The Permanent Solution For A Temporary Problem: Recognition, Prevention and Resources"

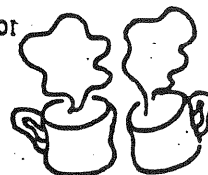
Speaker: Mimi Kaplan, RN.

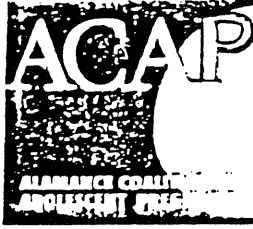
Tuesday, May 17.

"Parents As Sex Educators"

Speaker: Cyndi Meredith, Health Educator

Refreshments will be served





September 14,

Ms. Patty Wellborn  
Central Carolina Bank  
PO BOX 2506  
Burlington, NC 27216

Dear Ms. Wellborn:

I would like to thank you for agreeing to host our first "Lunch and Learn" program during Let's Talk Month. I am very happy that we have the opportunity to share information that I believe will be beneficial to parents. And because this is a collaborative effort, your employees have the benefit of receiving information from several community agencies.

As per our phone conversation last week, the following programs and speakers will be provided on the following dates:

Tuesday, October 5, 8:00-8:45am: "AIDS Prevention and Education" by John Bryant, Alamance Cares

Tuesday, October 12, 8:00-8:45am: "Talking With Your Children About Sexuality" by Dawn Wilson, Alamance Coalition on Adolescent Pregnancy

Tuesday, October 19, 8:00-8:45am: "Fighting Fair with Families" by Linda Dunn, Alamance County Dispute Settlement Center

Wednesday, October 27, 8:00-8:45am: "What Makes a Healthy Family" by Lee Hall Worthington and Carmen Mayer, Saxapahaw Counseling Services

I understand that the speakers can expect to have about 55 employees present and that all four programs will take place at the 2405 South Church Street branch. The speakers may be contacting you individually for information that may help them better prepare their programs.

If you have any questions or need to make changes to this schedule, please feel free to call me at 227-2622. I look forward to our partnership in helping parents become more effective and





Hartford Public Library  
Guide On:

PARENTS & TEENS:  
talking about sex

In support of the Breaking the Cycle campaign, the Hartford Public Library has created a list of materials available at the Library to help parents and their teenage children communicate about sexuality issues. When you come to the Library either ask for these specific items or search for similar topics in either Spanish or English using such headings as: parenting, sex instruction, puberty, safe sex, sexual ethics, etc. All of the items listed below are at the Central Library. If using one of our nine branches or bookmobile is more convenient for you, ask a librarian to have the book or video sent to your branch or bookmobile for you. Remember, you can always ask a librarian for help.

*Books to help parents and teens talk about sex*

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TITLE	CALL NUMBER	LOCATION
STRAIGHT FROM THE HEART: how to talk to your teenagers about love and sex	HQ 57 .C37	GENERAL READING
LEARNING ABOUT SEX: a guide for children and their parents	HQ57 .A35 j	CHILDREN'S
AIDS-PROOFING YOUR KIDS: a step-by-step guide	HQ 57 .A28	GENERAL READING
WHERE DO BABIES COME FROM?	HQ 53 .R69 1996	CHILDREN'S
GROWING AND CHANGING	HQ 53 .M44 j oversize	CHILDREN'S
HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK	HQ 755.8 .F3	GENERAL READING
A PARENT'S GUIDE TO TEENAGE SEXUALITY	HQ 57 .G35	GENERAL READING
HOW TO HELP YOUR TEENAGER POSTPONE SEXUAL INVOLVEMENT	HQ 32 .H69	GENERAL READING
LOVE AND SEX AND GROWING	HQ 53 .J6 1990 j	CHILDREN'S
SEX IS NOT A FOUR LETTER WORD: talking sex with your children made easier	HQ 57 .M55	GENERAL READING

*Books for teenagers*

TITLE	CALL NUMBER	LOCATION
FAMILY HANDBOOK OF ADOLESCENCE	RJ 140 .S34	BUSINESS AND SCIENCE
MY BODY, MY SELF	RJ 144 .M29	BUSINESS AND SCIENCE
TEENAGE HEALTH CARE	RJ 140 .S58	BUSINESS AND SCIENCE
BOYS AND SEX	HQ 41 .P614	GENERAL READING
IN CONTROL: LEARNING TO SAY NO TO SEXUAL PRESSURE	HQ 35 .K68 1997	GENERAL READING
EVERYTHING YOU NEED TO KNOW ABOUT SEXUAL ABSTINENCE	HQ 27 .M62 1996	GENERAL READING

*Libros en español sobre el sexo*

CON TODA SINCERIDAD: COMO HABLAR CON LOS ADOLESCENTES DE AMOR Y SEXUALIDAD	HQ 57 .C3718 j	CHILDREN'S
COMO HABLARLES A SUS HIJOS SOBRE EL SEXO	HQ 57 .S3618 j	CHILDREN'S
¡SALUD! guía integral para la mujer latina—cuerpo, mente y espíritu	RA 778.4 .H57 D4518 1997	BUSINESS AND SCIENCE
¿POR QUÉ ME SIENTO TAN MAL SI ESTOS SON LOS MEJORES AÑOS DE ME VIDA? un manual sobrevivencia para la mujer joven.	HQ 35 .E1718	GENERAL READING
TODO LO QUE NECESITAS SABER SOBRE ESOS DÍAS: consejos para jovencitas	RJ 144 .M3418	BUSINESS AND SCIENCE
TODO LO QUE NECESITAS SABER SOBRE SEXO SEGURO	HQ 35 .M31818 YA	GENERAL READING

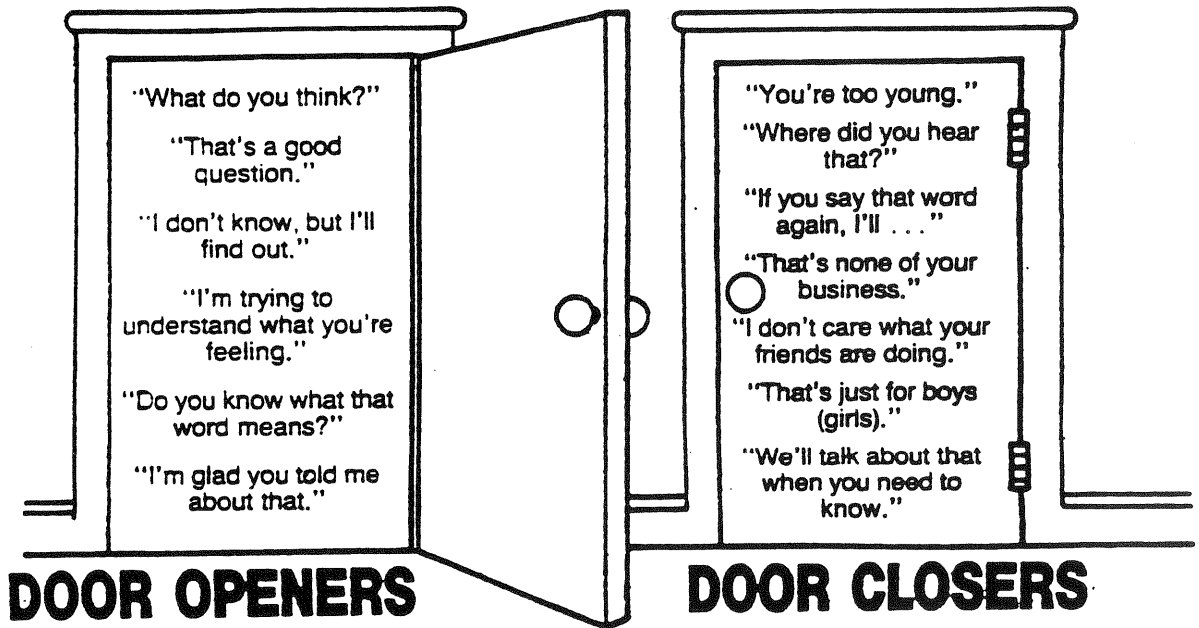
*Videos for parents*

HOW TO TALK TO YOUR KIDS ABOUT SEX, LOVE AND RESPONSIBILITY	HQ 53 .H6862 VIDEO	ART AND MUSIC
IF YOU CAN TALK TO YOUR KIDS ABOUT SEX YOU CAN TALK TO THEM ABOUT ANYTHING	HQ 53 .R6742 1994 VIDEO	ART AND MUSIC

GROCERY BAG  
PAPER & PLASTIC

# LET'S TALK OCTOBER 19

**NATIONAL FAMILY SEXUALITY EDUCATION MONTH**

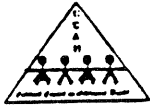


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