

Organization: Planned Parenthood of Central NC**County:** Orange**Address:** P.O. Box 3258
Chapel Hill, N.C. 27515**Phone:** 919-929-5402**Website:** <http://www.plannedparenthood.org/centralnc/>**Project:** Educational Sessions on Teen Reproductive Health**Additional counties served:** Cumberland*****Below are excerpts from their final report*****

About the Project: We provided three exciting workshops for parents on communicating with their adolescents about relationships and sex. The first two workshops were held in English in Cumberland County. The third was held in Spanish in Orange County. Topics included in all three workshops were: "How to Talk to Your Child about Sex", "Healthy Relationships", and "Healthy Communication." The workshops in English included the topic, "Your Child and the Internet." All of the workshops were very interactive with role-playing, handouts, and lively discussions.



Successes: Parents were given the opportunity to contemplate and share their reservations and challenges (as well as their aspirations and goals) for engaging in healthy effective communication with their teens around relationships and sex. They were then able to practice effective strategies for doing so with one another. Finally, to help guide them in building better relationships with their teens, each participant received a packet of informative handouts and brochures. Many of the parents indicated that they felt more prepared and more confident to speak with their teens about relationships and sex following these workshops.



Parents were able to see themselves through their teens' eyes and to recognize the often contradictory messages teens receive about relationships and sex. Also for the workshop participants there was a valuable sense of fellowship and empowerment. For our organization, sharing these skills with parents is integral to our work with the communities we serve; affirming that healthy family communication around relationships and sex is valuable, learnable, and doable.