



Parents Speak Up Workshop

Presented by:

[name]

Hispanic Outreach Center

More information:

[Phone number]

www.4parents.gov

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



The workshop could start with a song or an activity as an icebreaker.

The speaker should:

- Introduce himself and ask parents to sign the attendance sheet;
- Give an overview of what the workshop will cover and how long it will last; and
- Make clear that all opinions are welcome, but that we should all respect what others have to say.



Parents Speak Up National Campaign

- **What:** National public education campaign sponsored by the U.S. Department of Health and Human Services
- **Objective:** Encourage parents to talk to their child early and often about waiting to have sex in order to help ensure their future success and happiness.
- **Target Audience:** Parents of children aged 10-13.
- **Campaign includes:**
 - TV, radio, print, outdoor and internet
 - Community Outreach
- **Website:** www.4parents.gov

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Let's talk about why we're here. This workshop is part of the Parents Speak Up National Campaign.



Hispanic Outreach Center

- Purpose
 - To share the message of “Parents Speak Up” with Hispanic families and communities.
 - To be a resource for you.
 - To empower parents.
- Confederation of Spanish American Families
 - [community name] Hispanic Abstinence Coalition led by [lead agency name]
- What we do:
 - Fiesta Nite
 - Parent Workshops

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



We're here to support you in the conversation with your kids about sex and waiting. Introduce yourself as part of the Hispanic Abstinence Coalition and then talk about the events we have for them: Fiesta Nite, workshops, etc.

In these parent workshops parents will share their experiences and support each other. Stress the importance for confidentiality.



The Hispanic Family

The Hispanic Family is generally known for being a united family.

A united family:

- Is the foundation for raising healthy children.
- Provides the tools that will help kids make wise choices that will enable them to accomplish their goals and dreams.
- Helps our kids develop skills that will allow them to avoid things that may harm them.



PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Now that you know what brings us here and who we are...let's talk about what we're here to discuss – the family. Specifically, your family. Your kids. And how we can raise them to be the healthiest and most successful they can be.



The Hispanic Family

The Hispanic Family is also distinguished for maintaining its cultural traditions and family values, foundation.

Discuss:

- What types of values and traditions are we talking about here?
- How do we Share these values with our kids?
- What about sexuality?

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Most Hispanic families have very strong family values and maintain their traditions. But what happens when it comes to talking about sex and waiting with our kids? Do we communicate? Do we share our expectations?

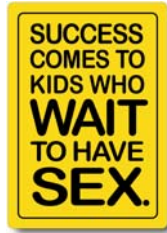
Sometimes we tend to think that our kids will automatically share our values. It's important that we hold open and honest conversations with our kids about sex, love and relationships. We need to explain to them why we hold our values and listen to what they think and why so we may provide guidance.

Some values that might be discussed:

Unity, Respect, Love and affection, Understanding, Communication, Team work, Desire to excel, Sharing, Protection, Responsibility, Hard work.



The Parents Speak Up National Campaign



- *Show launch ad "Talk to Me"*

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Show them the ad and then discuss what they think about it.

Who's talking to your Kids if You're not?

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov

This should also be handled as an activity.

Have parents identify who's talking to their kids about sex and what information is being provided. This will give parents the chance to share what they think kids face and let other parents know that they're dealing with the same external challenges.

Suggested questions:

Who is your child spending time with?

What influence do you think he/she/it has on your children?

What kind of information do you think they're providing to your children?

Who do you think your child would like to get information about sex from?



Why do you need to talk to your kids?

- Delaying sexual activity is linked to a child's future success in their career, education and overall happiness.
- Teen sex can deflate self-esteem, erode optimism and spoil the quality of intimate relationships.
- 66% of sexually active teens wish they had waited.
- Teens themselves say that abstaining from sexual activity would help them be more successful.



PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



If our kids delay sexual activity they are more likely to attain their goals and dreams by staying focused on what they'd like to pursue:

Some discussion questions may include:

- What do your kids want to do when they grow up?
- How can they reach their goals and dreams?
- How can we help them attain those goals and dreams?



Why do you need to talk to your kids?

The Hispanic community has unique challenges:

- The second highest teen pregnancy rate:
 - 131 per 1,000 compared to 75 for the national average.
- The highest teen birth rate.
 - 83 per 1,000, more than double the national rate.
- 51% of Hispanics/Latinas in the U.S. become pregnant at least once before age 20.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Our community, as with any, faces unique challenges when it comes to teens and sexuality. Here are some facts to help us understand that. But our personal experience can tell us a lot too.

Suggested discussion questions:

- How else have you seen this issue affect our community?
- Other communities?

Source: The National Campaign to Prevent Teen Pregnancy. October 2006.



More health concerns for Hispanics

- Each year 9 million cases of STDs occur among young people aged 15-24; this is the group with the highest STD rate in the US.
- Among 15 to 19-year-olds, Chlamydia infection rates are 50 percent higher among Mexican Americans compared to non-Hispanic whites.
- Latinos make up 11.8 percent of the population, yet 17 percent of all AIDS cases diagnosed each year.
- Latinos are among those at greatest risk for contracting hepatitis C.
- Hispanic women are seven times more likely to contract AIDS and have higher rates of syphilis compared to non-Hispanic white women.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Source: *American Social Health Association.*



Why do Hispanics face these challenges?

- Sex is considered a “taboo” topic.
- Language barriers
- Generational differences
- Gender-based roles

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Discuss each reason.

Sex is a taboo topic – Today sex is still a taboo and we just don’t like to talk about it.

Tip: Get information and be prepared to talk to your kids about sex and any other topic.

Language barriers – Most kids speak English while many parents only speak Spanish. Don’t let this stop you from talking with your kids – there’s information available in Spanish.

Tip: Learn their lingo. This may also be a great opportunity to learn English! Seek information and be confident when you talk to them about sex. Your kids will listen to you.

Generational differences – There are many cultural differences between 1st, 2nd, and 3rd generation Hispanics in the US.

For example: Many Hispanic parents think that raising a child in the US is the same as raising a child in their native country.

Tip: Keep it real. Yes, it is very important to keep your traditions and instill your values but also be open to understand and embrace positive things from the culture that you and your kids are already part of.

Gender-based roles – Usually, the emotional upbringing of the kids, including teaching them values and the cultural transmission is the sole responsibility of the



Why do Hispanics face these challenges?

- Parental absence
- Conflicting social interests
- Extended family interference
- Lack of education about sex

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Parental absence due to:

Work – Many parents, in their efforts to give their family the best life possible including a home, toys, etc work extra long hours which don't allow them to be available to their kids. They become providers, more than parents.

Single parenting – Abandonment, divorce, separation of cohabiting parents, etc.

Different immigration status between family members – Many face family separation due to the different immigration status of its members.

Tip: Get involved and be part of your kids' lives in all ways possible! Parental involvement is crucial to be aware and understand what's going on in the life of their kids so they may be available to provide guidance. This also pertains to caregivers.

Conflicting social interests – Many parents and kids engage in their own activities during spare time instead of spending family time together. Samples: Watching TV shows / novelas (Soap Operas), playing sports, going out with friends, talking on the phone, etc.

Tip: Your kids are more important than anything or anyone else! Spend quality time with them – this will help enrich your relationship.

Extended family interference – In many cases, the extended family members: aunts uncles, grandparents, etc all want to have a say in the upbringing of the kids.

Tip: You are the parent – be firm about it! As much as family members want to contribute their piece of advice, be the main provider of information for your children. This will avoid contradicting messaging.



Mixed Messages

In our community two different messages are sent:

- Girls are expected to wait until marriage to have sex.
- Boys are unintentionally pressured to start sexual activity to prove their manhood.

We need to send them both the consistent message:

“If you’ll wait to have sex, you have a better chance for success and happiness.”

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Today “machismo” still plays a major role in many Hispanic homes, especially when it comes to sex. Unfortunately in our community, more than in others, two different messages are sent to our sons and daughters.

Hispanic boys might be interpreting this mixed message as approval or encouragement to initiate sex early.

It’s time to break the cycle! Let’s make sure we give them both the consistent message to wait to have sex.

Source: Vexler, E (2007). *Voices Heard: Latino Adults and Teens Speak Up About Teen Pregnancy*. Washington DC: the National Campaign to Prevent Teen Pregnancy.



What Parents think about the conversation

- My parents never talked to me about sex.
- I am afraid to talk to my pre teens and teens about sex.
- I would like to, but don't know what to say or how to say it.
- It's my wife's responsibility to talk to the girls about sex.
- It's my husband's responsibility to talk to the boys about sex.
- Boys are not capable of waiting to have sex.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



We all have different perspectives about the topic of sex especially when it comes to talking with our children about it. But why do you feel that way?

Go over the statements and ask who agrees or not and why? Let the parents give their thoughts and feelings and then intervene with ways of making the conversation easier. You will see that some parents may give other parents tips.

Facilitate the discussion making sure that no parent feels invalidated.



What Parents think about the conversation

- Waiting to have sex until marriage is not realistic nowadays.
- I can't talk to my kids about waiting because I didn't wait.
- I don't need to bring up. My kids will learn about it in school.
- My child will ask me about sex when he/she is ready.
- I am fearful of my kids knowing too much too soon.
- They will not listen to what I have to say.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Many parents often think that teen sex is inevitable. But why do we give up without even trying?

Others think that children will ask when they're ready, but when are they ready?

Sometimes we assume that schools will do the job when in reality our children need to hear it from us first. They will listen, even if they don't act like it.



Parents Can Make a Difference



- Research shows that parents have the greatest influence on their teens' sexual decisions – more than their peers or the media.
- 9 out of 10 teens say that it would be easier to wait to have sex if they could talk with their parents about it.
- Parents who talk to their kids early and often about the importance of waiting are more likely to have children who wait.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



It's important to realize that parents can have an impact. We tend to think that teens ignore our advice or what we have to say. But they'll listen if we speak up.

Suggested discussion questions:

- Do you agree with these numbers?
- Why or why not?



Benefits of Waiting

Telling your kids to wait can help them:

- Avoid unwanted pregnancies.
- Prevent sexually transmitted infections.
- Help them have a high self-esteem
- Help them focus on personal and educational goals.
- Succeed in life.
- Avoid feelings of guilt and/or regret.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Most parents hope their kids will wait as long as possible before having sex. But we don't often know why we feel that way. Sure, our values influence our views on this. But there are definite benefits to waiting.



It's Not Easy, But You're Not Alone

- Many parents have difficulty talking with their kids about sex and waiting.
- Some common reasons are:
 - *"I don't know how to get started with these conversations."*
 - *"They think I'm old fashioned – they will not listen to me."*
 - *"My child isn't ready yet – he's still just a baby."*
 - *"They'll learn about it in school."*
 - *"When they're ready they'll come to me."*
 - *"If I talk about it she'll become more curious and want to experiment."*
- What are the other reasons?

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



To be handled as exercise/discussion – write down barriers parents come up with or add to above list.



Talking to your kids: What do we say?

- What do we tell our kids?

“Talk with your kids early and often. Tell them you want them to wait to have sex. And they’ll have a better chance at success.”

- Key messages:
 - Communication
 - Values
 - Goals
- Talking with your kids about waiting to have sex is linked to their success.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Communication – Let’s be prepared to talk about the subject openly.

Values – Let’s express our values and explain why we have these values.

Goals – Talk about their goals and dreams and support and empower them to stay focused to achieve them.



Activity: Hispanic Family Roundtable

Break up into small groups

- **Discuss:**
 - Why did you respond the way you did?
 - How did other parents respond?
 - Are there items you all agreed on?
 - Items where none of you agreed?
- **Share** your findings with the whole group
 - What did you learn?
 - Have you ever discussed this issue with other parents?

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Divide the parents into teams of 5-6 parents.

Each team will discuss the parental barriers by answering the questions above. Once the whole group is brought together again, then they can share findings and what they learned from each other.



Why Do Parents Find Talking So Hard?

- Many say that their parents didn't talk to them so they feel uncomfortable and unprepared to talk to their children.
- Many feel a sense of loss as they see their child transition into adolescence in a culture that's different from their own.
 - Loss of close bond with their child
 - Loss of influence over their child's decisions
- Other reasons?

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



After listing the barriers and discussing them, then write a second list of what parents say would help them overcome those barriers or make the conversation easier.



Talking Benefits Both the Parent and Child

- **Children will:**

- Receive strong values that can help them deal with the sexual pressures they'll face as a teen.
- Feel supported in achieving their long-term goals.



- **Parents will:**

- Maintain a close relationship with their child and continue to be an important part of their life as they grow into adulthood.
- Continue to be a primary influence in their child's decisions.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Emphasize the positive impact their involvement will have in their children's lives.



Having an Effective Conversation

- Where to start
 - **Talk early** – when your child is beginning the transition into adolescence.
 - **Talk often** to reinforce your values and maintain an open communication with your child.
 - **Share your expectations and values** about sex and the importance of waiting to both boys and girls.
 - **Tell them to wait** to have sex for a better chance of success and happiness.



PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



We often feel afraid of giving too much information at an early age. Age 10 is an appropriate age to start the conversation, remember they are exposed to other sources that may misinform them. However, you could start earlier with age-appropriate information. This could help ease the transition to adolescence and keep the lines of communication open.

Instill your values and support their goals and dreams.



They Want To Hear It From You

What should you know?

- **Educate yourself** on the subject and give them the facts about sex.
- **It's okay to not know.** If you don't have an answer, find it together.
- **Listen attentively** to your child's concerns about sex, help them find information to address those concerns.
- **Share appropriate personal experiences** that can help ease the conversation.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



We often think that as parents we are expected to know all the answers. It's okay to accept that you don't have the information; you can take this opportunity to share a learning experience with your child. Your honesty will help them trust you whenever they have any doubts or concerns.



Talking Can Be Easier Than You Think

How to approach the topic:

- Use movies, TV and everyday occurrences as conversation starters.
- Offer small pieces of information – build up the information over time.
- Have conversations during everyday, enjoyable activities (driving, playing soccer, cooking etc.)
- Avoid direct confrontation that may cause to discomfort.
- Ask questions to get your child to talk about their beliefs.
- Keep it light and casual.



PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Everyday activities with your children can be an invitation to start the conversation about sex and waiting. Parents may share their experience with their children.



Help teens develop refusal skills

They can say “No” by being “**NICE**”

- **N** – Say “No.”
- **I** – Follow with an “I” statement.
- **C** – If pressure continues, change subject or location.
- **E** – If these strategies don’t help, your teen needs an “exit” plan.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Here’s an easy way to give your kids a strategy for waiting.

Talk to your children about ways to deal with sexual pressures and how to get out of the situation if necessary. Once again, instill your values and encourage respect for themselves and others.



Start the Conversation

Believe in your kids and in yourself:

- Be confident when you express your values and expectations.
- Believe in their ability to wait to have sex and express it to them often.
- Praise your children to help them build a high self-esteem.
- Encourage self-respect and respect for others.
- Set an example for your children with your own lifestyle.



PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Your children need to perceive security, maturity and confidence in your explanation of sexuality and your values. Prepare yourself beforehand. Also, remember that your children will learn the concept of love, commitment, and sex through your actions and lifestyle.

Stress to parents that they may still tell their kids to wait even if they didn't wait. Remember that this is a health issue and waiting will help prevent any consequences of early sexual activity.



We're Here to Help

Get help and support at: www.4parents.gov

What you'll find there:

- Facts
- Tips to start the conversation
- Downloadable tools

Other tools:

- "Parents, Speak Up" brochure
- "Teen Chat"

We're working on having everything translated to Spanish.
So check back often!

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



Have them fill out the evaluation forms.

In some occasions parents may ask for specific support in other areas, if this is the case refer them to the lead agency which will refer them to a place where they may be able to get additional support.



We're Here to Help

*Additional Parent Groups in English/Spanish:
(List events and information on lead agency)*

Bring your friends!

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov



You may end the workshop with the song Color Esperanza by Diego Torres.

Provide information about the upcoming Fiesta Nite, workshop, etc. Hand out available Fiesta flyers.

Also give parents the PSUNC collateral materials available along with the *10 Tips to Help you Talk with your Child about sex and waiting.*



Statistics and More Information

The statistics used in this presentation can be found in the following places:

- Maynard, R.A., "The Costs of Adolescent Childbearing," in R.A. Maynard (ed.), *Kids Having Kids: Economic Costs and Social Consequences of Teen Pregnancy* (pp. 285-338), Washington, DC: The Urban Institute Press, 1997.
- Singh, S., & Darroch, J.E., "Adolescent Pregnancy and Childbearing: Levels and Trends in Developed Countries," *Family Planning Perspectives*, 32(1), pp. 14-23.
- Resnick, M.D.; Bearman, R.S.; Blum, R.W.; Bauman, K.E.; Harris, K.M.; Jones, J.; Tabor, J.; Beuhring, T.; Sieving, R.E.; Shew, M.; Ireland, M.; Bearinger, L.H.; and Udry, J.R. "Protecting Adolescents From Harm. Findings From the National Longitudinal Study on Adolescent Health." *Journal of the American Medical Association*, 1997, 278:823-832.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov





Statistics and More Information

- Albert, Bill. “With One Voice 2007: America’s Adults and Teens Sound Off About Teen Pregnancy.” National Campaign to Prevent Teen Pregnancy. February 2007.
- The National Campaign to Prevent Teen Pregnancy. “Teen Sexual Activity, Pregnancy and Childbearing Among Latinos in the United States.” October 2006. Available online at: <http://www.teenpregnancy.org/resources/reading/factsheets/default.asp>.
- American Social Health Association. “STD Fact Sheets: Hispanics and Sexually Transmitted Diseases.” Available online at: <http://www.ashastd.org/news/hisp.cfm>.

www.4parents.gov is a useful resource for finding these and other facts and figures.

PARENTS SPEAK UP NATIONAL CAMPAIGN

www.4parents.gov

