



FAMILY FOUNDATIONS is an 9-week webinar series for parents of youth addressing key issues related to “optimal sexual development.” This research-based program equips and encourages parents to guide and support their children toward optimal sexual health, protecting their current and future wellbeing in a culture that sexualizes children.

Each one-hour session presents 40 minutes of live virtual instruction followed by questions and answers.

SESSION OVERVIEW:

1. Introduction

Youth health risks, Factors influencing sexual behavior, Who is and who should be guiding youth, Influence of parent involvement and communication

2. Puberty & Adolescent Development

Adolescent growth and development; Physical, mental, emotional and relational changes during puberty; Developmental assests; Application - Leaning in parenting, empathetic parenting

3. Our Body Speaks

Overview of sexuality, Body systems and reproduction, Foundations for marriage and family, How sex is like fire

4. Effective Communication and Healthy Relationships

Parent/child connectedness, Communication styles and strategies, Overcoming barriers, Family/Friendships/Dating/Marriage/Parenthood

5. Risks of Adolescent Sexual Behavior

Teen pregnancy, STDs/STIs, Emotional and relational risks, Contraception effectiveness and ineffectiveness, Sexual abuse

6. Technology, Social Media, Sexting and Pornography

Digital citizenship and footprint, “Tool for good,” Physical and mental risks of pornography, Resisting peer pressure

7. Sexual Orientation and Gender Identity

Definitions, Culture’s claims, Influencing factors, Implications and risks for youth, Strategies for parents to guide youth

8. Comparing Approaches to Sex Education

“Comprehensive sex education” and “Sexual risk avoidance/optimal sexual health,” Application in home/school/church settings

9. Conclusion

Advocating for the SRA/OSH message, Developmental assets, Goals for children and family

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