



FREE WORKSHOPS PARENTS & GRADES 6-9

Talk Sex Today | Parent Bootcamp MAR. 8, 6:30-8PM

Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

IN THIS WORKSHOP PARENTS WILL LEARN:

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes
- How to become their kids' preferred source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask

Preteen Bootcamp | Grades 6, 7 JAN. 18, 6:30-7:45pm

Preteen years can be challenging at best. Bodies begin to change, peer and media pressures are around every corner, and the simplicity of childhood begins to get, well, complicated.

Using straight talk in an open, casual environment, we will discuss topics such as reproduction and anatomy, healthy relationships, body image, emotions, sexually transmitted diseases, safety, and smart sexual decision-making. Informative, objective, provocative, and full of laughs, this session will set a solid foundation for smart thinking as individuals near their teens.

The Truth About All Things Teenage | Grades 8, 9 FEB. 1, 6:30-7:45pm

Let's face it. As a parent, we remember what our teen years were like, and it's amazing we all made it through intact. But now, times have changed, and pressures teens face are more complicated than ever in the area of sexual health.

When working with teens, our goal is to give them as much information and as many tools as possible to increase the chances that all of their sexual experiences will be positive ones. Through open discussion in a safe, inclusive and respectful environment, we support them in making smart sexual health decisions that not only keep them healthy and safe, but also ones they feel really good about.

About the Presenter: Dr. Brandy Wiebe

Sexual Health Educator. Saleema Noon Sexual Health Educators is a group of smart and current professionals with a focus on providing safe, inclusive and practical information to children, teens and parents. With over twenty-five years combined teaching experience, they achieve a perfect balance of tackling serious topics in a way that is youthful, fun and lighthearted.



REGISTER HERE!

These workshops will be delivered via live Zoom!
<https://linktr.ee/LangleyChildren>

