



The Truth about all Things Teenage

A Workshop for Parents of Adolescents

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

Studies show that a positive and knowing attitude toward sexuality is a powerful contributor to the development of well-adjusted and healthy young adults. The same studies indicate that, believe it or not, teens want to learn about sexual health from their parents. But for many parents, this is a daunting task. Too many adolescents are left on their own to find out what sex is all about; from their friends, at school, T.V., or worst of all, through experimentation. A lack of straight talk about sexual health leaves teens at risk for unplanned pregnancies, exposure to sexually transmitted diseases, and sexual exploitation.

In a way that is non-threatening and entertaining, we'll show you how to communicate openly with your adolescent as he or she becomes aware of his or her own sexuality. And, we'll teach you how to provide your teen with the information necessary to keep him or her protected, educated and healthy. You will learn practical tips to answer the questions your teen may ask., as well as become familiar with community resources available. Using humor and straight talk in an open, interactive environment, we show how easy it is to convey healthy, meaningful messages about sex and growing up to your teenager.

Where:

When:

Smart decisions start here.

t 604.418.9417

e saleema@saleemanoon.com

w www.saleemanoon.com

