

Yikes! My Child Is Doing What? Talking About Sexuality Issues and the Young Adolescent

HiTOPS Educator

Designed for: Parents and guardians of middle school children

“I can’t believe what kids are doing. When I was their age...”

“My son isn’t even thinking about this yet.”

“How can I help my children with all this pressure?”

Children between the ages of 11 and 13 are experiencing a wide range of physical and emotional changes and challenges. Some mature early, some late. Some are very talkative, some communicate by grunting. Many kids are interested in having a boyfriend/girlfriend and others are not at all ready. It is difficult for parents to know what ‘normal’ adolescent behavior and development looks like and to know how to be helpful and sensitive while also providing discipline, structure and guidance.

This workshop explores the developmental issues common to middle school aged children and helps parents/guardians understand some of the perplexing aspects of raising a “tween”. Through interactive exercises, lecture and a time for questions and answers, participants will learn strategies for communicating with their children, teaching them risk-reduction behaviors, and building self-esteem.

Our goals are to help parents and guardians:

- Learn the developmental tasks and the range of normal behavior of the early adolescent
- Learn tools that will improve communication, foster self-esteem and reduce risk-taking
- Identify areas of concern and explore ways to address them with their children

Average length of program: 90 minutes

Recommended number of participants : 20-100