

## Parents

It is time we open up communication about a subject often locked away in silence. Parents need to educate, empower and share values and correct information regarding sexuality. This education needs to start sooner than you think. The decisions our youth make today can change their life paths tomorrow. These decisions are largely based on the quality of connectedness they have had at home in concert with the accurate information they are given regarding sexuality. Parents, the time to talk is now!

## Educators

With state funding being cut, there are less sexuality education courses available for schools and communities. However, the need for our children to get comprehensive and current sexuality information has not diminished. In adolescence, when peer pressure is the greatest, it is critical that we empower our children and students with the accurate information and skills needed to make healthy sexual decisions, for a brighter future.

**“Children not taught by their parents,  
will be taught by the world.”  
- Akan Proverb**

For more information about these and other programs and to schedule a program in your area

### Contact:

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**WITHOUT REGRET**  
FOR AS MUCH AS POSSIBLE, LIVE LIFE WITHOUT REGRET

**Sexuality Seminars  
for Schools & Families**

Bring these educational opportunities to parents and schools in your community:

### Opening the Door:

#### Talking with your Child About Sex

For families with pre-school-5th grade children



Topics in this two-hour workshop include:

- Why it is so difficult to talk to our children about sex
- The importance of early and ongoing communication
- Practical communication tools
- Differences between normal and red-flag sexual behaviors

### Making a Connection:

#### Talking with Your Teen About Sex

For families with middle and high school-aged



Topics in this two-hour workshop include:

- Disspelling myths
- Practical communication tools
- Sex in a media age
- The importance of sharing family values
- Skills on how to keep the door of communication open
- Guiding teens toward healthy sexual decision making

### Breaking the Silence: Families Talk About Sex

For families with middle and high school-aged children



Topics In this four-hour interactive workshop include:

- Disspelling myths
- Practical communication tools
- Sex in a media age
- The importance of sharing family values
- Skills on how to keep the door of communication open
- Guiding teens toward healthy sexual decision making
- Separate breakout sessions for youth and parents
- Creating a plan for ongoing family communication

### Additional services available include:

- Private Consultations
- Gottman Relationship Seminars/Retreats
- Train the Trainers

Bring Puberty/Sexuality classes to your school for 4th- 8th grades

## Program Instructors

**Sue Simonson, ICCE**

Internationally Certified Childbirth Educator



Sue has worked as a childbirth instructor, parent educator and sexuality educator for the past 35 years, specializing in teaching pregnant and parenting teens.

She has been presenting workshops in the community on Family Communication Regarding Sexuality for over twenty years and is dedicated to helping parents and their children build a foundation of open communication about sexual issues. She is certified to be both a Happiest Baby on the Block instructor and a certified Gottman instructor teaching couples relationship/parenting skills in the programs Bringing Home Baby and Seven Principles of a Successful Marriage. As a mother of four, she feels strongly that this communication will result in stronger families, healthier sexual decisions by teens and a brighter future for our children.

**Stephen Simonson, Psy.D.**



Stephen holds a doctoral degree in clinical psychology from the California School of Professional Psychology. He has gained valuable experience providing psychological services to adults, children and families in mental health clinics as well as academic/professional settings. He has been facilitating community workshops for the past 13 years focused on improving communication skills. His doctoral dissertation is titled: *Long-Term Psychological Impacts on Parents Following the Disclosure of Their Child's Extra Familial Sexual Abuse.*