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October is Let's Talk Month

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Press release submitted by Bethany for Children & Families

October is Let's Talk Month - Know What to Say to Teens About Sexuality

Parents and teens throughout the Quad Cities:

Now is the time to have honest conversations about teen pregnancy prevention!

October is a time of changing leaves, cooler temperatures, and homecoming football games. October is also "Let's Talk Month," a time to emphasize the importance of communication between adults and their children to help young people develop positive, healthy attitudes and behaviors about sexuality. This month, families across the Quad Cities will have honest conversations about the facts, feelings, and questions they have about healthy relationships and responsible sexual decision making.

Quad-Cities families are not alone in recognizing "Let's Talk Month." Nationally, October is recognized by organizations such as Advocates for Youth and The National Campaign to Prevent Teen and Unplanned Pregnancy. Bethany for Children & Families joins those organizations in encouraging teens and parents to talk about healthy sexuality.

Research shows that young people who feel connected to their family and clearly understand their family values concerning sexuality and relationships are more likely to avoid risk-taking behaviors. According to the National Campaign to Prevent Teen and Unplanned Pregnancy, parents can play a critical role in their children's decisions about sex. In fact, teens report that their parents influence their decisions about sex more than their friends, the media, or their siblings. Moreover, a majority of teens agree that it would be easier for them to postpone sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations about these topics with their parents.

Parents, teens, faith communities, schools, health providers and others interested in learning how to start these honest conversations may attend a free workshop entitled Know What to Say; the workshop is facilitated by Mary Ann McLeod from Bethany for Children & Families and Libbet Brooke from Edgerton Women's Health Center. The Know What to Say workshop will be held at 6:00 p.m. on Tuesday, October 16, 2012 in the Education Center at Bethany for Children & Families, 1830 6th Avenue, Moline, Illinois.

Families having regular, honest conversations about healthy relationships and sexual decision-making are instrumental in the success of teen pregnancy prevention in the Quad-Cities.