

HOSTING A TALK

TALKING **THE TALK**

SERIES 1, 2, OR 3



DEAR PARENT,

Congratulations on your decision to use The Talk Institute to help you talk to your child about sexuality! I can assure you that you have made an excellent decision and will feel so fortunate to have found us upon completion of the course. The Talk Institute is committed to helping parents and children bond while discussing one of the most important topics that families have to talk about. We educate kids, with their parents, about the physical and emotional changes children experience during puberty. We break the ice, lay the foundation, and help parents empower their kids with the knowledge and skills necessary to grow up sexually healthy.



I have been in the field of teen pregnancy prevention for over 15 years, one of the strongest protective factors in preventing early pregnancy is Parent/Child connectedness. My parents didn't know how to discuss sexuality with me and the schools didn't do much better. As I became an adult and worked in this field, I felt the biggest gap in the education system was the lack of parental involvement with this subject. I decided that it was time to change this and started The Talk Institute.

Following are some of the important benefits our programs provide:

- *Parents get a chance to share their values and participate in their child's sex education*
- *Children learn to see their parents as "approachable" about sex*
- *Both experience talking about sex in a stress-free, fun environment*
- *Both parent and child receive factual information, at the same time, using the same words*
- *Children learn to be sexually healthy. What a great gift to give your child!*

My hope is that this experience is a positive one for both you and your child and that you continue to benefit from the course in the years to come! Please visit our website to learn more about our continuing education classes and additional educational programs.

Thank you,

A handwritten signature in cursive script that reads "Jennifer Elledge".

Jennifer Elledge (Barber), MPH, CHES
Executive Director and Founder
The Talk Institute

GETTING STARTED

Talking "THE TALK" Together

Youth ages 9-11, with parent(s) attend 5 weekly 2-hour classes. Boys & girls are taught separately.

1

Topics range from:

- Growth & Development
- Male & Female Anatomy
- Puberty and Hygiene
- What is "Sex" & Sexuality
- Pregnancy & Conception
- Relationships & Family
- Bullying & Resisting Peer Pressure
- And more

Youth ages 11-13, with parent(s) attend 4 weekly 2-hour classes. Boys & girls are taught separately.

2

Topics range from:

- BFF's & Friendship
- Body Image & Self Esteem
- The Internet & Social Media Savvy
- And more

Youth ages 13-15, with parent(s) attend 4 weekly 2 1/2-hour classes. Boys & girls are taught separately or co-ed.

3

Topics range from:

- Male & Female Anatomy
- Evaluating Values & Beliefs
- Sexuality & Gender
- Pregnancy & Conception
- Abstinence & Birth Control
- HIV & Sexually Transmitted Diseases
- Media & Peer Pressure
- Dating & Relationship Violence
- And more

1. To Begin, Pick a Class you Would Like to Organize

The Talk Institute specializes in programs designed for kids between the ages of 9-16, and are unique because both parents and children attend most classes TOGETHER! Programs discuss physical and emotional changes children experience during puberty. We break the ice, lay the foundation, and help parents empower their kids with the knowledge and skills necessary to grow up sexually healthy.

When somebody calls to organize a class they become the contact person or host. It is the responsibility of the contact person to recruit participants. However, if the contact person has difficulty recruiting participants The Talk Institute may refer other families to that class, if requested, to reach the minimum requirement of participants.

Each *Talking the Talk Together* series is typically segregated by sex. More times than not the same sex parent attends with the child, however, the opposite sex parent or parent substitute such as a grandparent, aunt, uncle, foster parent, or guardian may attend. If desired, space permitting, both parents may participate with their child.

Other Life Chats

Many groups prefer to stay connected by taking individual classes between the three "Talking The Talk Together" courses. These classes are great refreshers of information and are good for groups who may want to start on "lighter" topics before discussing sex and growing up. Ask your instructor for details.



GETTING STARTED

Cost:

Currently the fee for all programs is **\$250 and covers one parent/child pair** for each Talking The Talk Together series. An additional, lesser fee is charged of **\$125 for each additional child** (must attend the same class). If a mother/daughter pair is taking one program and a father/son pair of the same family are enrolled in another class, both pairs are charged a separate fee. This fee scale is based on a full class of at least 10 pairs totaling a minimum of \$2500. Please note a 2nd child is not considered a pair or is counted towards the 10 pair minimum. Maximum class size is dependent upon the size of the classroom/site and facilities available and the classroom management skills of the teacher. Generally speaking private in-home classes should not exceed 14 children.

Exceptions can be made for the minimum requirement at the discretion of the Executive Director. The class costs at least \$2500, with a traditional class of 10 parent/child pairs the cost is \$250 p/pair. If a class does not have 10 pairs, participants can opt to pay more to still have a class (ex. 9 pairs at \$278 each or 8 pairs at \$312.50 each). Note that the cost, however, does not reduce with more than 10 pairs participating. **All enrollment fees are due at the first session.** Late payments may be subject to a late fee of \$10 p/pair. Generally, fees are collected by the parent who organized the class and given to the educator at the first session. Parents may write a check the day of the parents only meeting and encouraged if considering course add-ons. Please do not mail in payments unless instructed to do so.

2. Decide who you would like to ask to join your class

I would start with your child's closest friends from school, scouts, sports, and other clubs. Don't try to do this all by yourself. Once you get your core group of 4 or 5, ask each of them to try to invite someone or you can find a co-host and you each can recruit 1/2 the group. Don't be discouraged if you get some families that are not interested. Not all parents will be interested in the program at this time for various reasons, but if they have specific reservations and/or questions regarding the curriculum you should refer them to speak with the Executive Director or to just attend the parent meeting for information. You can also share the following link with participants who have never heard of the program and would like more information on what they were invited to <https://youtu.be/LcIBDSfSW0Q>. Don't forget neighbors, old friends, classmates, sports friends, and acquaintances. If you are still having trouble getting the minimum requirements contact the office and we can see if we know of families who are looking to join a class.



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Sample Recruiting Email

Hi all,

I'm writing to see who may be interested in joining me for a unique parent/child experience. The Talk Institute provides a reproductive health program called Talking THE TALK designed for parents and their kids to take together in a small, intimate group. I don't know about all of you, but it seems these days, many parents are unsure when to start talking to their children about sex and growing up. What to say and how much to say can be troubling at times and I know that in my family, the time has arrived for our ____ (insert child's name) ____ to learn a bit more about the changes their body is going through and sex. This program seems excellent for parents who are interested in participating in their children's education about sexuality and in sharing their values.

Personally, I don't want to leave this up to the school and I also want to be involved. I have heard great things about The Talk and I trust this experience will help our group immensely. For those of you who would consider participating, I'm hosting a no-obligation informational parent session on _____ from _____ at my home to learn more, meet the instructor, and hopefully gain a little piece of mind about talking to our kids about this difficult-to-discuss topic.

I've attached a course outline and FAQs for your review. The website is www.TheTalkInstitute.com and you can watch this YouTube video to learn more about the course <https://youtu.be/LcIBDSfSW0Q>. The program cost is \$250 per parent-child pair, based on a minimum of 10 parent-child pairs participating, so if you have a friend you would like to invite please let me know. I do hope your family considers joining us on _____ to hear more about the course and see if it seems right for your family. Please respond with your RSVP and don't forget to bring your calendars and checkbooks to enroll. Hope to see you soon!

Sincerely,

Your name & number



GETTING STARTED

3. Call The Talk Institute to Schedule Your Class and Check Availability of Instructors.

When you reach your 10 minimum for a class please notify us by phone or email. After discussing the availability of your instructor, you can poll your group to decide on best dates. As the Host you should have received a Parent Packet including a registration form and information on the program to give to interested parents. Please email this information to your confirmed group. Check in with The Talk Institute if you are having trouble with dates you have chosen or with getting enough participants. For private classes, doodle.com or sign-up genius can be helpful scheduling tools. Often times remaining sessions are scheduled at parent night. Please ask participants to bring their calendars in this scenario.

4. Pick a Location, Dates and Times

School classrooms, churches, community clubrooms, libraries, and private homes are all acceptable sites for classes. It is the responsibility of the contact person to obtain and arrange for the class site. If you will be programming in a private home, often times course participants take turns hosting. If so, it is the responsibility of the contact person to notify and remind participants, and their instructor, where the class will be each session no less than a week before the class. We recommended minimizing changing the location as much as possible. Most locations are free, but in the event that a charge applies it is the responsibility of the contact person to pay the charge. (Usually such fees are equally passed on to the participants).

After discussing the availability of your instructor, you can poll your group to decide on best dates. Most courses are held after school hours with start times between 3pm and 7pm. Classes are typically 2 - 2 1/2 hours long with a short break in between. Your instructor will need the full time to complete the curriculum. Please encourage your group to always arrive on time.

In all honesty the toughest part of coordinating a class is to work around everyone's crazy schedules. Don't give yourself this headache. Tools many organizers have used is www.doodle.com or www.signupgenius.com which are free scheduling tools. **Please remember you will not be able to please everyone or accommodate everyones schedule!** For this reason we include a free E-course with course registration that allows participants to make-up a missed class. More information about the E-course is provided on parent night.



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5. Be Sure Your Location has the Following

It is the responsibility of the contact person to ensure the location chosen has sufficient parking, bathrooms, keys, and any other necessary items. Our instructors use a personal LCD projector for parts of the program and will need a table or desk to set this equipment on and sufficient electrical outlets. If your location is a private home, when able the instructor may use a HDMI cable to connect to a personal Television for maximum viewing. Instructors carry this cord with them just in case and does not need to be provided. If your location is a classroom and these materials are already available, please mention when scheduling.

Snacks:

Evening classes usually allow for a 5 to 10 minute break for refreshments giving the group time to personally ask questions of the teacher and use the restroom. Many times the contact person takes care of snack for the first session and then other parents volunteer for snack for the remaining classes. A sign-up sheet can be provided upon request. Snack is typically light refreshments such as water or juice, cookies, or fruit. If a larger meal will be served please ask participants to join 30 minutes before the program begins to eat and visit. Eating during programming can be distracting and we ask to minimize this when possible.

6. Inform your child of the class prior to the first session so s/he can prepare for the class.

You can simply tell your child that you have signed them up for a program about growing up. Assure them that it will be fun and that both you and their friends will be there. After that sit back, relax, and watch us break the ice and help your family build a stronger communication bond around sex and growing up! Enjoy the program!!



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Other Important Information:

Cancellations

We understand that cancellations occur at times. We ask that if a course series is cancelled or rescheduled due to low enrollment that a minimum of 72 hours notice is given. A cancellation fee of \$50 may apply if a cancellation occurs with less than 72 hours notice. Once a schedule for your series is set we ask that you do all that is possible to move forward with your groups selected dates. It is inevitable with groups of 10 or more that there will times a family or two cannot attend a session or more. Refunds are not granted for missed or unattended sessions as fees are divided among participants. If 3 or more families cannot attend a session due to scheduling conflicts it is permissible to reschedule a session with 7 days notice or more. Please contact your instructor directly if this occurs.

Deposits

At this time we do not require a deposit to be made to schedule your Talk series. We want to make the process as easy as possible for hosts to get a group started. However, in the event that a series is cancelled and a host would like to reschedule for a future date a deposit of \$100 must be made to secure a second date. In the event of a 2nd cancellation with less than 72 hours notice the deposit is forfeited and will not be returned.

Refunds

Refunds are not granted for missed or unattended sessions as fees are divided among the number of participants. Access to an E-course is included to make-up sessions. In the event that a family is unhappy with the program for any reason refunds may be granted at the discretion of the Executive Director. Your satisfaction is important to us.

Eating / Alcohol

We recommend if serving a meal that your group gets together 30 minutes prior to your instructor arriving. **Do not feel like food has to be served!** Often times a small snack at break is all you need. If serving food, groups often times do a potluck or pitch in towards dinner. Pizza is always an easy go to for kids. Alcohol for parents is permitted in small quantities. However, the instructor reserves the right to ask someone to leave if intoxicated.



GENERAL REGISTRATION



The Talk Institute provides programs where parents and kids learn to talk "THE Talk" together. We build and support open communication between parents and their children by providing factual, age-appropriate information about sex and growing up in a fun group environment. We can help break the ice, lay the foundation, and help kids work on the skills necessary to grow up sexually healthy. Class format includes mini-lectures, videos, games, and role plays to accommodate a variety of learning styles. We strive to supplement the school system's sex education by providing detailed parental participation, the key to what makes The Talk Institute's programs so successful and rewarding for families.

Cost: \$250 per parent/child pair – (\$125 additional for sibling in same classroom).
 Additional sessions added on are \$50 a class per parent/child pair
 This price is based on a 10-pair minimum and may be adjusted for smaller groups.
 Refunds are not granted for missed or unattended sessions.
 Please return the completed form along with payment to the class organizer.
 Questions? Call Jennifer Elledge at The Talk Institute 760-846-6555.

Please mark your calendars for the following dates/times:

Please Print

Class organizer _____ Start Date _____

Parent's Name: _____ Child's Name: _____ DOB ___/___/___

Address: _____ City/Zip: _____

Phone (Home) _____ (Cell/Work) _____

Email _____

Please check mark form of payment below and attach with paperclip or staple to form

Check (made payable to The Talk Institute) : Cash for the following amount \$



THE NITTY GRITTY FAQs

When are children ready for “THE Talk”?

Parents often ask us when they should start telling their children about sex. One answer is, when the child begins to ask questions. However, if you wait for your child to ask or only discuss sex when your child asks, some sexual topics will never get discussed, at least not at the proper time. Parents must take the initiative. This includes certain aspects of sexual maturation that a child may not consider until he or she experiences them. It is important that young people are aware of the physiological changes before they actually happen. For more information on what changes are normal in adolescence visit www.advocatesforyouth.org/parents/.

Who will be teaching the class?

Jennifer Barber, MPH - Executive Director for The Talk Institute, has been an expert in the field of sex education for over 15 years. She has her bachelor's degree in Psychology from Cal State University, Fullerton and a master's degree in Public Health from Cal State University, Long Beach. In addition, she has taught Human Sexuality and Women and Their Bodies at two local colleges. All other educators have bachelor's or better degrees in education, psychology, sociology, or a related health field and have experience teaching and working with kids.

How are sensitive and controversial issues dealt with?

Parents are encouraged to talk with their children both in and outside of class about their family's values and morals. We even create opportunities during the course to encourage this to happen. In respect of the many views and opinions of families attending, the instructor does not share personal opinions on controversial matters. All questions are answered in a factual way with both sides of controversial issues discussed. The Talk Institute strives to promote age-appropriate and medically accurate information at all times.

Will talking about sex too soon with my child make them sexually active?

Parents may hesitate to discuss sex with their children for fear that this would encourage early sexual experimentation. However, there is no clear evidence that sex education in the home contributes to either irresponsible sexual activity or an increased likelihood of adolescent sexual behavior. In fact, adolescent children who openly, positively, and frequently communicate with their parents about sex are more likely to have fewer sexual partners and later and less frequent sexual activity than teenagers who do not talk to their parents about sex (Jaccard et al., 2000; Meschke et al., 2000; K. Miller et al., 1999). Furthermore, positive parent-adolescent communication about sex has been linked to decreased risk of contracting STDs, more effective and consistent use of birth control, and decreased incidence of teenage pregnancies (Halpern-Felsher et al., 2004; Lehr et al., 2005; Stone & Ingham, 2002).

What if my child is reluctant to come to class?

It is normal for children to be nervous and embarrassed on the first night of class. After a few sessions though they are usually dragging the parent to class because they are learning about their bodies and having tons of fun. Many students are even disappointed when the course is over and wish it was longer. That's when we know we did our job right!!

