Hosting a "Talk" Class
What you need to know…

1. Pick a class you would like to organize

Courses:

Talking the Talk Together 1 (9-12yrs): Body basics, puberty, menstruation, hygiene, what sex is, conception/birth, peer pressure, building healthy relationships, games, and FUN! ♂♀ taught separately

Talking the Talk Together 2 (12-13yrs): We begin by teaching teens how to talk with parents about sex and other difficult topics, review puberty changes and emotions, discuss body image and peer pressure, practice how to deal with difficult friendships, anger and jealousy, and finally discuss media and sex so kids can be "TV and Internet Smart". ♂♀ taught separately

Talking the Talk Together 3 (13-16yrs): Everything teens need to know before dating. We begin by exploring their values and beliefs. Topics covered include: Anatomy/physiology (in depth), health exams (self exams, pap smear), birth control and abstinence, STDs/AIDS, refusal and negotiation skills, decision making skills, combating peer pressure and developing assertiveness skills, and evaluating healthy vs. unhealthy relationships. ♂♀ co-ed or taught separately

☑ Talking the Talk Together is typically segregated by sex. More times than not the same sex parent attends with the child, however, the opposite sex parent may attend (i.e., mother with son) or a parent substitute such as a grandparent, aunt, uncle, foster parent, or guardian. If desired, space permitting, both parents may participate with the child.

Cost:

Currently the fee for all programs is **$200 and covers one parent/child pair**. An additional, lesser fee is charged of **$100 for each additional child** (must attend the same class). This fee scale is based on a full class of at least 10 pairs. Occasionally participants

may opt to pay a higher fee to continue with a smaller 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. The option to waive the fee for special family financial circumstances is at the discretion of the Executive Director. Limited scholarships may be available. Generally, fees are collected by the parent who organized the class and given to the educator, who is responsible for delivering fees to The Talk Institute. Please do not mail in payments.

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

When somebody calls to organize a class they become the contact person. 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. The minimum class size is **10 pairs** (parent-child). Maximum class size is dependent upon the size of the classroom/site and facilities available, and the classroom management skills of the teacher. Occasionally exceptions will be made for the minimum requirement at the discretion of the Executive Director. The class costs $2000 so with a traditional class of 10 parent/child pairs the cost is $200 p/pair. If a class does not have 10 pairs, participants can opt to pay more to still have a class. (9 pairs at $222.22 each or 8 pairs at $250 each). Note that the cost however does not go down for more than 10 pairs.

Recruiting Tips:

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. 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. Don't forget neighbors, old friends, classmates, church friends and acquaintances. If you are still having trouble getting the minimum requirements contact the office and we can see if we know of participants who are looking to join a class. The toughest part is to work around everyone's crazy schedules. Don't give yourself this headache. One tool many organizers have used is doodle.com which is a free scheduling tool website. With your core group only hash out dates that work for all of you and then see who can attend with those dates. Please remember you will not be able to please everyone!

3. Pick a location, dates and a time

Picking a Site:

School classrooms, churches, community clubrooms, libraries, and private homes are all acceptable sites for classes. <u>It is the responsibility of the contact person to obtain and arrange for the class site.</u> 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).

Best Times:

Classes are most popular on Sundays and weekday evenings and start anywhere between 5:30 and 7pm. Classes are either 2 hours long with a short break in between. Classes may also be held on late afternoons, weekends, or summer vacation upon request.

Typically classes run once a week on the same day of the week (ex. Monday nights) for 4 to 5 weeks depending on the duration of the class. If a holiday or event is occurring one of the days arrangements can be made to skip a week of programming and/or pick a different day that week to stay on task. I also recommend getting your group together 30 minutes prior to your instructor arriving to allow for catching up and flexibility if anyone is running late. Your instructor will need the full 2 hours to complete the curriculum so please encourage your group to always arrive on time.

Important Class Details:

The curriculum for the first class series of Talking THE Talk Together (10-12 years old) involves a total of ten hours with one 2-hour class each week, for five weeks. The **FIRST SESSION** is for **PARENTS ONLY**. Tweens will attend the remaining eight hours of instruction with their parents. The second class series (12-14) involves a total of 8 hours with the **FIRST SESSION** being just for **TEENS.** The third series of Talking THE Talk Together (14-16) involves ten hours with one 2 ½ -hour session each week, for four weeks. Adolescents attend all sessions with their parents.

4. Call The Talk Institute to schedule your class and check availability of instructors.

After you schedule your class the contact person will be emailed a registration form and information on the program to give to interested parents. Email this information to your group and print some materials to hand out to those you don't have contact info for. Check in with The Talk Institute if you are having trouble with dates you have chosen or with getting enough participants. When you reach your 10 minimum for a class please notify us by phone.

5. Be sure your location has the following for your instructor

Equipment:

It is the responsibility of the contact person to arrange for keys to the classroom, and any other necessary items. Our instructors need access to **a TV and DVD player,** a white screen or white wall, and sufficient electrical outlets. Our instructors will be using either an lcd projector for parts of the program so we will need a table or desk to set this equipment on and a wall or screen to shine the images on. If your location is a classroom and these materials are already available please mention that when scheduling. Please also be sure there is access to bathrooms.

Snacks:

Evening classes usually allow for a five to ten 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.

6. Inform your child of the class prior to the first session so he or she can mentally prepare for the class. After that sit back, relax and watch us break the ice for you and help your family build a stronger communication bond around sex and growing up! We hope you enjoy our program!!