



# NAVIGATING THE TALK

## A Healthy Sexual Development Workshop for Parents

Thursday, October 24, 2019



**Martha Solomon** provides Sexual Health Education in Kamloops. She graduated from the Options for Sexual Health SHEC program in March 2018. She is qualified to teach K-12 children and youth in schools, educators, parents and community groups. She has an extensive background in education, both as a teacher and an administrator and has a passion for teaching.



As parents and caregivers, we want the best for our kids. But, the truth is, talking about sexuality can be intimidating. Parents often don't know where to start or what is appropriate for each age. Worrying about "messing up" or being uncomfortable is extremely common and understandable as most parents didn't receive good sexual health education themselves. However, parents can and should be the first source of sexual health information for their children at all ages and stages from learning appropriate names of body parts to puberty changes and safer sex practices.

### ABOUT THIS WORKSHOP

This workshop, offered by Mosaic Sexual Health Education, helps participants develop comfort and confidence in approaching these topics with their children, no matter their age. This evening will provide parents and caregivers with strategies for healthy communication, tips on discussing sensitive issues, and help identifying personal and family values around issues of sexuality. 'Navigating the Talk' will help clarify what kids need to know and when, how to keep the lines of communication open and help you be the trusted adult that your child needs. Join us for a fun and informative evening!

Please join us for this **FREE** informative presentation

Doors will open at 5:30 pm



October 24

6:30 pm – 8:00 pm



Henry Grube Education Centre  
245 Kitchener Crescent

Room 1

Where do you want to go? | We'll get you there!