

Parent/Trusted Adult at Home Materials

Talking to Your Child about the Candor Health Education Visit

Greetings from Candor Health Education! We are happy to partner with you in keeping kids healthy, happy and safe!

Your child is participating in Candor Health Education's *Puberty II* program. (See more information and FAQs on this program [here](#)). This program reviews both the male and female reproductive anatomy with students and explains not only the physical and emotional changes that occur during puberty, but also *why* those changes happen. Here is a link to an [online booklet](#) that can help you continue the conversation at home with your child, as well as address any questions they may have.

In addition to the anatomy and science portions of the program, in *Puberty II*, students learn more about the social and emotional situations that they may have to navigate during adolescence, both in person and online. As part of this discussion, students explore ways to stay safe online, how to post appropriately on social media or when on a group text, and they learn the definition of sexting as well as potential outcomes of this behavior. While we briefly cover sexting in this program, we know that parents may also want to have a conversation now or in the near future with their child on this topic, so we have provided you some helpful resources below.

Overview of On-line Safety Information Written for Teens:

<https://kidshealth.org/en/teens/online-id.html?WT.ac=t-ra>

Be Sure to Follow READY when posting online or sending a group message:

Reason to Post – *Do you have a good reason for your post or message?*

Everyone's Consent – *Does everyone involved give consent to the content being shared?*

Appropriate for All – *Is what you are sharing appropriate for everyone (i.e., teachers, coaches, grandparents)?*

Does it Hurt Me or Anyone Else?

You Can't Take it Back – *Once it has been sent or posted, it can't be taken back.*

Information for Parents on Sexting:

<https://kidshealth.org/en/parents/2011-sexting.html?WT.ac=ctg#cattravel>

Video & Conversation Opportunity for Parent and Child:

Sexting is more common among young people than you may think. It's best to be proactive and have conversations before your child asks someone to send a text or chooses to send a text. After reading the information in the article above, we encourage you to watch the following short video published by AMAZE. First watch it alone, and then with your child.

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<https://amaze.org/video/personal-safety-sexting/>

When watching it with your child, it is probably best to watch it with him or her first in its entirety and then again, stopping for conversation along the way. We have included some suggested stopping points and questions to help facilitate this important conversation.

- 0:30
 - Mabel says, "But he is so cute, I don't want to just turn him down." Why might she say this?
- 0:48
 - How do you think Mabel is feeling right now?
 - When might sending or posting pictures online be safe? (There is no way to ever safely send or post pictures. Anything has an opportunity to be shared.)
- 1:23
 - The dad mentions there are way more respectful ways to show someone you like them. What might be some ways?
 - How did the dad react here? Did you learn about something in class called de-escalation? Can you tell me more about what that means?
- 1:40
 - What do you know about sexual harassment?
 - The dad says you need to make this right. What does he mean?

Discussion Questions for After Video

- Why did Chris send the text?
- What are your go-to answers when you feel pressured by peers?
- Do you feel the apology Chris gave was enough? Tell me about what you learned about apologies in class.
- How do you feel about the fact that Mabel still went to the dance with Chris?
- Can a girl be the aggressor? Is it always a boy asking a girl to send a picture?
- Do you know of anyone that has gone through something similar to this? What can I do as your parent to help support you right now?

If you were able to use this video and conversation starters with your child, we would love your feedback. Please take the 5-minute survey [here](#).

If you are interested in staying up-to-date on health topics impacting youth and young adults, [register here](#) to receive the monthly Candor Health Education community newsletter. We have several [resources on our website](#) for parents to approach difficult topics with their child. We look forward to partnering with you and encourage you to keep talking with your child...they are listening.

Sincerely,
The Candor Health Education Team