

# TALKING TO YOUNG PEOPLE ABOUT SENSITIVE TOPICS

This training would benefit parents or professionals who are working with children and young people.

Duration two hours

## SESSION OUTCOMES

01

Identify personal hopes and fears when discussing sensitive topics

02

Build self-confidence in communicating with young people

03

Develop knowledge of sex and relationships related information

### SESSION 1

- Identify areas we find most difficult/uncomfortable to discuss with young people and explore why.
- Age appropriate information activity (when should we talk about .... with a young person).
- Strategies to communicate effectively when we feel uncomfortable (how to be comfortable with being uncomfortable).
- Signposting.

### SESSION 2

- This session will focus on providing factual information about three areas parents find most difficult to talk about with their young people (e.g. contraception, healthy relationships, body changes and puberty, consent, online safety).
- Participants will be provided with scenarios and talking points around the topics to develop knowledge and confidence.
- Resources and signposting.