



Speakeasy with your child about Sexual Health and Relationships

Want to talk to your children about growing up, puberty changes and sex and relationships? Don't know where to start?

Speakeasy is a course that will enable you to gain the confidence and skills needed to talk to your children about sex and relationships education.

Many of us would like to be able to provide some sex education at home but getting started can be difficult and embarrassing. Speakeasy groups are a fun and friendly way of learning together by sharing ideas and information, and looking at ways of talking to children about puberty and sex education that are right for their age and level of understanding.

Speakeasy is registered for accreditation with the Open College Network (OCN) and parents can gain credits by completing a folder of work based on what is learnt during the course. OCN credits can be used as a pathway to further education, but if you don't want to work towards this you are very welcome to come along anyway.

Sessions start on:

Date: **Wednesday 4th November 2009**
Cost: £10 "donation"
Time: 7-9.15pm
Duration: 7 weeks
Venue: The Lodge, 64 Pinner Road, Harrow, Middlesex, HA1 4HZ
Contact: **0208 863 7319** (to reserve your place) SPACES LIMITED

The kind of topics covered by the course will include:

- Physical and emotional changes for boys and girls in puberty
- Different pressures upon young people
- Learning opportunities and resources that can be used
- Sex and relationships education taught in schools
- Sexual health and contraceptive choices
- Sexually transmitted infections

Come and gain more confidence in talking to your children and meet other parents to share your experiences.

H.O.P.E (Harrow) is a registered charity which has been working for over 10 years supporting parents to increase their knowledge skills and confidence in parenting.