

A workshop for parents and teens

We will present five workshops at The Shoreline Center, each lasting one hour. Parents will come to the first and last workshop, while teens will attend the 2nd through last workshops.

March 14, 2018 – an introduction for parents

We will give an overview of topics presented in the series. Parents will be taught a simple way to categorize behaviors for discussion with teens. We will also discuss the ways that parents can become useful resources for their teens to seek advice regarding sex.

March 21, 2018 – an introduction for teens

All teens will meet and discuss the changes that go along with puberty. These include changes in bodies and hormones, but also changes in social expectations about behaviors and legal consequences for behaviors.

March 28, 2018 – Dating and Friendships

Teens will meet to discuss how to make friends, the importance of looking for hidden messages, and attending to others' needs and desires. We treat building healthy friendships as a stepping stone to healthy romantic relationships. We will also discuss dealing with setbacks with friends and romance.

April 11, 2018 – Sex and consent: this session will be separated between males and females

Teens will meet to discuss sexual desires and needs, sexuality and sexual orientation, and the importance of consent. We will discuss the importance of saying no, when uncomfortable and accepting no from others.

April 18, 2018 – Joint session and wrap up

Parents and teens meet and discuss lessons learned in the course, goals and concerns. We will make plans for ongoing discussions.