

FAQ's about S.T.A.R.T.

What is S.T.A.R.T.?

- S.T.A.R.T. stands for **Sex Talk as Real Talk**
- Aims to help parents talk with their children about sexual health and behavior
- Understands parents are a child's primary teacher
- Plans to use parents' input to host a Milwaukee-wide parent workshop

What do we need from our parent volunteers?

- Attend a one hour focus group on a Saturday morning/afternoon in mid-October (see flyer for specific dates and locations)
- Simply provide their own personal concerns, questions, hopes, and stories
- Come with a voice to contribute, and an open mind to listen to other parents
- Refreshments will be provided!

What are these focus groups about?

- Helps parents to help parents
- Gathers parent input on what training they feel they need
- Opens a discussion to help S.T.A.R.T. plan a Milwaukee-wide workshop for all parents
- Example questions: What makes parents feel uncomfortable in talking to their kids about sexual health? What information would help them feel more comfortable?

What is the parent workshop about?

- Offers hands-on training for parents about how to talk with their children
- Provides information about health issues, sexual health-related statistics, and helping kids make healthy sexual decisions
- Content will be based upon input from parent focus groups
- Goal: help parents become better prepared for discussions with their children after the workshop
- Scheduled to be held in early December 2015

Why should you care?

- We understand that you have your own reasons for wanting to talk to your kids about sexual health
- S.T.A.R.T. is important to you because it takes what is on the pages of a book or website and puts it into *your* hands
- Taking time out of your week to talk with us can be the first step in helping you to see the benefits in talking with your children about sex

It's never too late to S.T.A.R.T.