



Parent Workshops

Become an Askable Adult about Sexual Health

You're invited to attend an interactive three-hour session for parents and other adults who want to improve the knowledge and skills they need to be approachable, non-judgmental sources of reliable sexual health information for their children.

An **Askable Adult** is someone who:

- has fact-based information, who, if he/she doesn't know the answer to a question, knows where to go to find it.
- models enquiry and learning about sexual health.
- is approachable, who listens, and who respects the confidentiality of the young person.
- understands he/she does not know everything about sexual health, but is willing to learn with his/her children.
- knows his/her own values about sexuality and sexual health and incorporates this into the way he/she teaches and talks to his/her children.

These sessions are open to any adult member of the community who is interested.

To register please contact Marcy Petersen at (250) 334-5526 or marcy.petersen@sd71.bc.ca

Askable Adult Sessions Offered this School Year Two are General K – 12 parents One is a Focus Session for Parents K - 7		
Tuesday, November 22, 2011	6 – 9 PM General Session (K – 12 Parents)	Lake Trail Secondary School 805 Willemar Avenue, Courtenay
Thursday, February 16, 2012	7 – 9 PM Focus Session (K – 7 Parents)	Mark R. Isfeld Secondary School 1551 Lerwick Road, Courtenay
Thursday, May 3, 2012	5:30 – 8:30 General session (K – 12 Parents)	G.P. Vanier Secondary School 4830 Headquarters Road, Courtenay

Options for Sexual Health (OPT) is Canada's largest non-profit provider of sexual health services through clinics, advocacy, education programs, and the 1-800 SEX SENSE information and referral line. OPT educators provide age-appropriate sexuality education programs for children, youth, adults, and professionals. The programs are learner-centered, interactive, and compliant with Ministry prescribed learning outcomes and individually tailored.

Presenter is Dr. Claire Vanston, Field Educator for Nanaimo/Comox Valley.