



Health Resources for Parents and Families

Advocates for Youth www.advocatesforyouth.org/parents-sex-ed-center-home

Advocates for Youth's *Parent Sex Ed Center* has many downloadable publications and activities for parents that can help get families talking about hard to discuss issues, including sexuality. Here are some suggestions:

Are You an Askable Parent?

To be *askable* means that young people see you as approachable and open to questions. Being *askable* about sexuality is something that most parents and caregivers want but that many find very difficult.

How Well Do You Know Your Son or Daughter? How Well Do You Know Your Parents?

As parents, we sometimes are so busy taking care of our children that we lose track of some of the details of their lives. This activity is a great way to get parents and kids talking.

Arizona Department of Education, School Safety & Prevention

Results from the 2009 Arizona Youth Risk Behavior Survey www.azed.gov/prevention-programs/data

This report summarizes the findings of Arizona high school students surveyed about violence, suicide, alcohol, tobacco, other drugs, sexual risks, HIV/AIDS, sexually transmitted diseases, body image, diet and physical activity.

Search Institute www.search-institute.org/developmental-assets-tools

This website shows how parents can build developmental assets, the building blocks of positive development that help children grow up to become caring, responsible adults. Check out the Activity Generator and the Conversation Generator.

Parent Further www.parentfurther.com

Search Institute's parenting site; it contains articles, interactive quizzes, polls, ideas for encouraging positive peer relationships, and research-based advice on how parents can prevent risk behaviors, including early sexual activity..

CDC (Centers for Disease Control and Prevention) www.cdc.gov/parents/index.html

CDC's Parent Information website has a wealth of information to help you keep your child of all ages healthy and safe.

Parent Information on Teens (ages 12 – 19 years) www.cdc.gov/parents/teens/index.html

These webpages will help you guide your teen to become a healthy and productive adult. There is information on preventing injuries and violence, risk behaviors, teen pregnancy, HIV & sexually transmitted diseases, and more.

SIECUS (Sexuality Information and Education Council of the United States)

Friendship, Dating, and Love www.siecus.org/data/global/pubs/families/FAT_Newsletter_V3N1.pdf

This fact sheet provides tips for parents for talking with their children about friendship, dating and love relationships, and qualities of healthy relationships. It provides tips for talking with youth ages 5 - 8, 9 - 12, 12 - 15 and 15 - 18, and includes activities to get families talking about these important issues.

U.S. Department of Education

Helping Your Child through Early Adolescence www.ed.gov/parents/academic/help/hyc.html

Based on the latest research in adolescent development and learning, this booklet addresses questions, provides suggestions and tackles issues that parents of young teens generally find most challenging

U.S. Department of Health and Human Services: Substance Abuse and Mental Health Services

Ready, Set, Listen! www.toosmarttostart.samhsa.gov/tweens/games/default.aspx

This is an online game for two to six players, designed to help parents and young people talk to each other about underage alcohol use, why it's not smart, and how to prevent it.

For more information and resources, contact Barb Iversen, HIV/Sexuality Education Program Administrator at the Arizona Department of Education, School Safety and Prevention, barb.iversen@azed.gov or 602-542-8712.