



## **PARENT SEMINARS FROM OPEN DOORS EDUCATION**

*"Thank you - I feel much more prepared for the teen years ahead!" (Parent)*

### **SEMINAR 1 (90 mins)**

#### **FAMILY ENRICHMENT PROGRAM - PARENT INFORMATION NIGHT** *as a pre-cursor to Parent and Child Family Enrichment session/s*

An information session for parents prior to attending a Parent and Child Family Enrichment Night with their child. At this session you can:

- find out about the aim and format of the Parent/Child sessions for the different age groups
- pre-view the 'Wonder of Living' DVD content used in the various sessions
- consider your child, sexuality and values – don't leave it to the media!
- be encouraged in your role as your child's first and best educator about sex
- ask questions and find out about helpful resources - books, dvds, websites

### **SEMINAR 2 (90 mins)**

#### **STAY CONNECTED** – *parenting your children and teens about puberty, sex and growing up.* *For parents of primary and secondary age children*

#### ***Did you know...?***

*A large proportion of the media markets children and young teens as being sexually aware, knowledgeable and ready for action. Most teen magazines place a higher value on sexual 'freedom' for teens than health and wellbeing. Teen sex is promoted by pop culture as inevitable and good.*

#### ***Did you know...?***

*In Australia, the average age of first intercourse is 16 and by age 19 half of all teens are sexually active. They are at high risk of contracting a sexually transmitted infection, particularly Chlamydia which causes infertility. About 1 in 4 sexually active girls between the ages of 15-19 have an unintended pregnancy; about half of these young girls will go through an abortion. Emotional fallout is deeply felt... Teen sex is proving to be very unhealthy...*

#### ***Did you know...?***

*YOU hold the keys to strengthening your child's ability to postpone sexual involvement during their most vulnerable years.*

#### **THIS SEMINAR WILL LOOK AT -**

- What our culture tells your child about sex, body image and relationships
- What are the health implications
- Your role in helping them make more positive choices as they mature - starting from the primary years
- Strategies, resources and encouragement to actively parent your child about sex and not leave it to the media!

### **SEMINAR 3 (90 mins)**

#### **RAISING RESILIENT FAMILIES** - a depression prevention initiative *For parents of primary and secondary age children*

The most important thing we can do to boost our children's immunity to depression is to look at the way WE respond to life's challenges and model resilience in our own lives.

#### **At this seminar you will:**

- Find out how high self esteem is REALLY achieved
- Re-think the meaning and purpose of 'failure'
- Learn strategies to help you and your children bounce back from disappointment and face life's challenges with hope
- Find out about helpful resources

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