



Public Health
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Champaign-Urbana Public Health District

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Parents Should Not Be “SCARED”!

Champaign-Urbana Public Health District to Provide FREE Training Workshop for Local Parents

Champaign, IL – On Monday, March 16, 2009 and again on Tuesday, March 31, 2009, the Champaign-Urbana Public Health District (CUPHD) will be providing local parents with a FREE one night training workshop on how to effectively address sexual education with their children. The workshop will be held from 6:00 – 8:30pm at CUPHD at 201 West Kenyon Road, Champaign. Interested parents are encouraged to call Nikki Hillier at 217-531-2914 to register for the workshop. The workshop materials are adaptable to any age child, and parents with children of all ages are encouraged to attend. A supervised playroom will be available and refreshments will be served. There will also be a FREE door prize for the first 10 people each night.

The workshop will introduce parents to techniques for starting conversations as well as tools to give accurate answers. The workshop will provide parents with accurate, age-appropriate information for children of all ages as well as tips for discussing the subject matter in a frank and open way.

Through the workshop parents will discover how to comfortably teach their children about:

- Medically Accurate Human Development
- Relationships
- Personal Skills & Self Worth
- Sexual Health & Behavior
- Responsibility & Values
- MUCH MORE!

“Many parents are apprehensive about discussing sex with their children. Sexual health is much more complex than accurately portraying the physical aspects,” said Nikki Hillier, Program Coordinator for CUPHD, “The unfortunate truth of the matter is that

children are curious about sex, and will obtain information about sex from friends, internet, media and elsewhere and often times this information is incorrect. The goal of this sexual education workshop is to provide the resources necessary for parents to give their children the most up-to-date medically accurate information about sexual health available. Discussing sexual health can be uncomfortable for both the parents and the child, and often times fraught with misinformation. CUPHD hopes that this workshop will provide additional avenues for parents to approach and successfully teach comprehensive sexual education in a way that their child will respond to in a positive and confident manner. CUPHD also hopes that this workshop will lead children to regularly seek out parental dialogue on other topics as well.”

This workshop, while predominantly concentrating on talking to children about sex education, will also address how to discuss tobacco and other “do as I say, not as I do” health behaviors. Techniques learned in this workshop will be applicable to all those challenging topics that parents routinely encounter with their children.

For more information about sexual education workshops at CUPHD, or any other CUPHD programs and services, please call 217-352-7961 or visit CUPHD on the web at www.cuphd.org or www.stock2forflu.com .

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