



Parent Seminars

Name	What We Cover
Puberty & Embracing Change	<ul style="list-style-type: none">• Discussion around the physical, social and emotional changes one can expect during puberty• Strategies for parents to manage change and to start effective conversations at home
Sex & Social Media	<ul style="list-style-type: none">• Statistics and prevalence of sexting amongst young people, including common distribution platforms• Impact of sexting, including legalities, consequences and associated peer pressure• Strategies to implement if things go wrong and to start effective conversations at home
Consent	<ul style="list-style-type: none">• Statistics and prevalence of sexual assault• Legalities surrounding consent• Avenues to seek help• Strategies to start the conversation at home
Pornography	<ul style="list-style-type: none">• Statistics and prevalence of exposure to pornography amongst young people• Impact of exposure, including key distortions• Strategies to start effective conversations at home

All parent seminars are designed to run for 60 minutes. The seminars are delivered by senior facilitators and can cater for large group sizes. Webinar and face-to-face options available.