



talk

2


supporting parents to talk
to their children about growing up,
relationships and sexual health



What is Talk 2?

Talk 2 is a new project open to all parents and carers in Glasgow. We offer support to help you feel prepared to talk with your children and teenagers about growing up, puberty, relationships and sexual health.

You are your child's first, and most important, teacher



Children soak up messages all the time from the world around them e.g. friends, TV, music. They need you to help them make sense of these, often, confusing messages.

If you are the main person to talk with your child about growing up, puberty, relationships and sexual health, they are more likely to feel positive about themselves. In the teenage years they are also more likely to delay getting involved in sexual activity, and to take better care of themselves when they do.

This works best when you start talking with your children in the early years and continue through to the teenage years, rather than a *one off* talk. What children need to understand is basic in the early years and increases as they grow up.



Young people in Glasgow have told us they want to learn about relationships and sexual health from their parents.

Parents in Glasgow have told us that they want to be more involved in educating their children about this topic, but many don't feel fully prepared.

**How will
Talk 2 support
me?**

We offer practical support in a variety of ways:

Free resource packs posted to your home – a collection of excellent, easy to read, booklets

with information and advice covering tots to teens. To order a pack call us on **0141 287 2841** or go online at www.talk2glasgow.com

Talk 2 Us – information line staffed by the Talk 2 team. Call us with any queries you have about talking with your children about growing up, relationships and sexual health.


0141 287 2841

Mondays 10am -1.30pm

Thursdays 1.30 - 4.30pm

Talk 2 training – a series of short, weekly, sessions for groups of parents in community





settings. The content can be tailor made to particular groups' needs but is likely to cover areas such as: age and stage appropriate learning; information updates about topic areas; helpful resources; ways to start talking with your child/teenager; feeling confident about answering questions. Sharing experiences and getting support from other parents in the group is also one of the benefits of Talk 2 training.

Contact us about courses in your area on **0141 287 2841** or at **www.talk2glasgow.com**


Talk 2 website – topic information for each age/stage; parents' stories; top ten questions asked by children/teenagers and suggested

answers; recommended books in community libraries; order a resource pack; links to relevant services. www.talk2glasgow.com

Talk 2 recommended books – Supported through Glasgow libraries, this is an up to date collection of books for children and teenagers to help you talk with them about growing up, puberty, relationships and sexual health. They are held in the Parents Collection of your local library. The full list can be viewed on www.talk2glasgow.com



Don't forget – you are your child's first, and most important, teacher





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