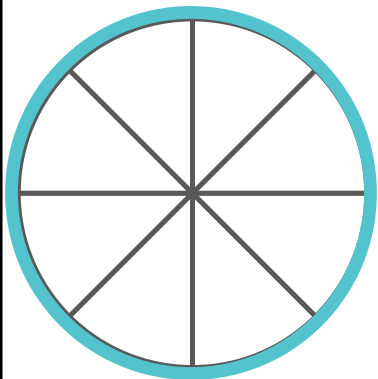




## How does everyone feel about talking with kids about relationships and sexuality?



**AFFECTIONATE** compassionate friendly loving sympathetic tender warm **ENGAGED** absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated **HOPEFUL** expectant encouraged optimistic **CONFIDENT** empowered open proud safe secure **EXCITED** amazed animated astonished dazzled eager energetic enthusiastic passionate surprised **GRATEFUL** appreciative moved thankful touched **INSPIRED** amazed awed wonder **JOYFUL** amused delighted glad happy pleased **EXHILARATED** blissful ecstatic elated exuberant radiant thrilled **PEACEFUL** calm comfortable centered content fulfilled relaxed satisfied trusting **REFRESHED** enlivened rejuvenated restored revived **AFRAID** apprehensive dread frightened mistrustful panicked scared suspicious terrified wary worried **ANNOYED** aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated liked **ANGRY** furious irate livid outraged resentful **AVERSION** animosity appalled contempt disgusted dislike hate horrified hostile repulsed **CONFUSED** ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn **DISCONNECTED** alienated apathetic bored cold detached distant distracted indifferent numb uninterested withdrawn **AGITATED** alarmed disconcerted disturbed rattled restless shocked startled surprised troubled turbulent uncomfortable uneasy unsettled upset **EMBARRASSED** ashamed flustered guilty mortified self-conscious **TIRED** depleted exhausted lethargic weary worn out **PAIN** agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful **SAD** depressed despair disappointed discouraged disheartened gloomy heavy hearted hopeless melancholy unhappy wretched **TENSE** anxious cranky distressed distraught edgy frazzled irritable nervous overwhelmed restless stressed **VULNERABLE** fragile guarded helpless insecure reserved sensitive **ENVOIUS** jealous longing pining wistful

How does everyone feel about talking with kids about relationships and sexuality?



Should we talk about relationships and sex with young people?

**YES!!!**

## OUR CHALLENGES

Young women in foster care are  
**MORE THAN TWICE**  
 as likely as their peers who are not in  
 foster care to become pregnant by **age 19**

## HALF

of the 21-year-old young men who  
 had been in foster care had been a  
 part of a pregnancy, compared with  
**19% of their peers**

Almost **20%**  
 of youth in the child welfare  
 system reported first having  
 sex at or **before age 13**,  
 compared with  
**8%** of 9th–12th graders  
 in the general population

Many youth in care become  
 sexually active not by choice  
**11.1%** of females **AND** **5.6%** of males  
 ages 11-17 in foster care have  
 experienced sexual assault

The **majority** of adults report feeling unprepared or uncomfortable discussing  
 issues of sexuality and sexual health with their children/foster children

Will talking about sex encourage  
 young people to have sex?

**NO!**

**THE GOOD NEWS**

**YOU CAN MAKE A DIFFERENCE!**

**YOUTH WANT TO TALK!**

**IT'S NOT COMPLICATED!**

**KNOWLEDGE IS POWER!**

**YOU AREN'T ALONE!**

**ABOUT HEALTHY LIFE CHOICES PROJECT**

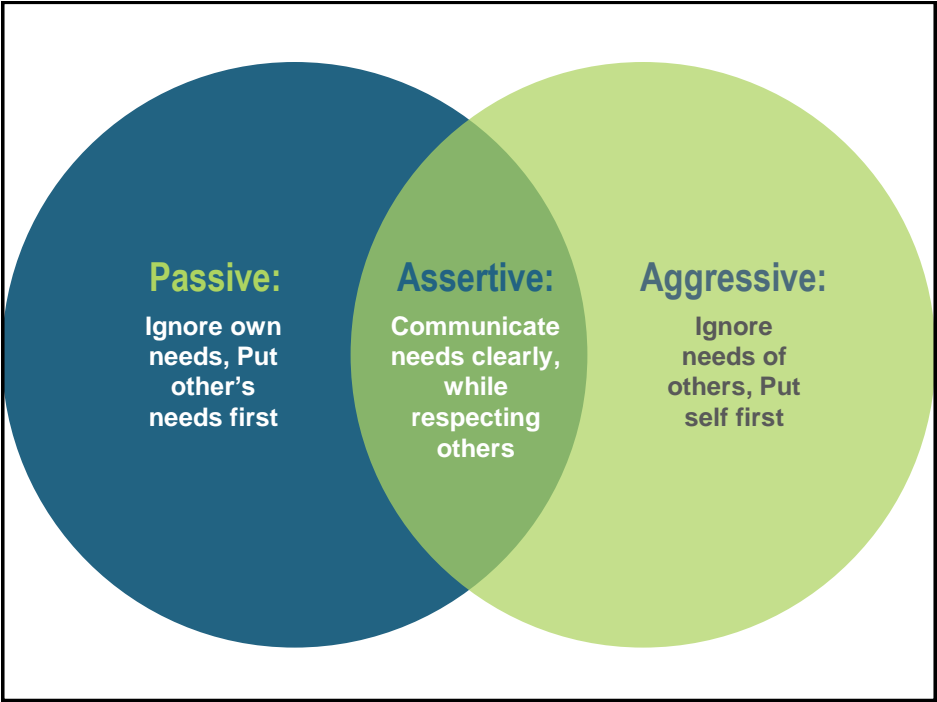
Allows delivery and support of various curricula to children (ages 10-19) and families across the state of Kansas

**Healthy Relationships**  
is delivered to adults, who in turn, participate in activities with youth to discuss relationships and healthy decision making, including 1:1 with families

**HEART**  
is delivered in community based settings directly to youth

Contact Children's Alliance to determine which programming is right for your agency/practice

# ACTIVITY TIME!!



**SITUATION**

Your friend's dad asks for a hug, but you are uncomfortable and don't want to hug him.

**You...**

**SITUATION**

You are given a surprise ticket by a friend to a concert to see one of your favorite bands, but you won't be able to bring your partner along. Your partner says that you can't go.

**You...**

## SITUATION

You go to prom with someone you've been friends with for a couple years, but this is your first "date." After the dance, it becomes clear your date expects you to go a hotel and spend the night with them. You aren't interested in having sex with this person.

You...

## CONSENT IS...

**MUTUAL**

**Revocable,  
anytime**

**ENTHUSIASTIC!!!!**

**Given with  
Active  
Communication**

**Between  
sober  
people**

# CONSENT

IT'S SIMPLE AS TEA

## SITUATION

Fiona is at a sleepover at her BFF's house. There are lots of girls there that her best friend met at camp that she hasn't met before. Everyone is putting on lots of make-up and posting pictures of themselves in their somewhat skimpy pajamas online on a fake social media account. Fiona feels uncomfortable and nervous that she's doing something she shouldn't, but she goes along with it because she doesn't want everyone to think she's lame.

Is there consent?



## SITUATION

Desmond and Will are 17 and both feel really good about their relationship. They recently decided to exclusively date each other. They talked a lot, decided to go to the health department to get tested for STDs, and then decided to have sex after their test results came back and showed they didn't have any infections. A few minutes into it, Will decided he wasn't ready after all, so Desmond stopped right away. They decided to wait until Will felt ready.

Is there consent?

# MYSTERY BOX!

**children's**  
ALLIANCE  
OF KANSAS

# Summary of Evaluation Activities and Key Findings

KU - Center for Public Partnerships and Research (CPPR)  
Evaluators:  
Jacklyn Biggs,  
Pegah Naemi, &  
Katherine Soon

## Evaluation

### Why – Purpose of Evaluation

- Evaluate what kinds of **benefits** Healthy Relationships is having for parents and youth
- Understand different kinds of effects on **parent outcomes** and **youth outcomes**
  - Knowledge
  - Connection
  - Protective Factors

## Evaluation

### How – Evaluation Method

- Mixed-methods approach
- We used **3 tools**:
  - 1) Parent Satisfaction Surveys
  - 2) Pre/Post Youth Surveys
  - 3) Retrospective Pre/Post Parent Surveys

Data collection occurred in two phases (8/17 - 11/18 and 11/18 - 4/19). Between the two phases, we used different parent and youth measures.

Data collection made possible by participants (youth, parents) and facilitators from throughout the state of Kansas

## Evaluation

### What – Evaluation Findings

We have findings from **3 key components** of the evaluation

- 1) **Parent Outcomes**
- 2) **Youth Outcomes**
- 3) **Family Voice – What are Parents and Youth Saying?**

## Parent Outcomes

### Parent Satisfaction with HR

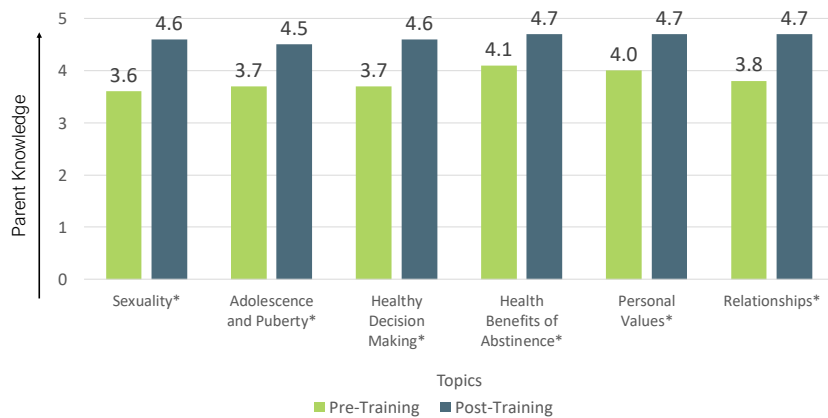
Facilitators were engaging and interesting (98%) and communicated information well (97%)

Activities developed communication skills (93%) and training improved relationship with children (99%)

Parents were satisfied with the training (95%) and would recommend the training to others (89%)

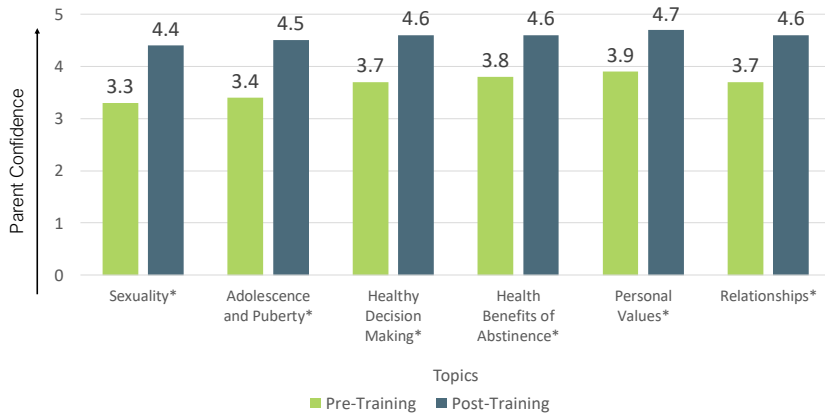
## Parent Outcomes

### Parent Knowledge of Topics



## Parent Outcomes

Parent Confidence Discussing Topics



## Parent Outcomes

"Evaluating relationships were my favorite activities... We learned a lot"

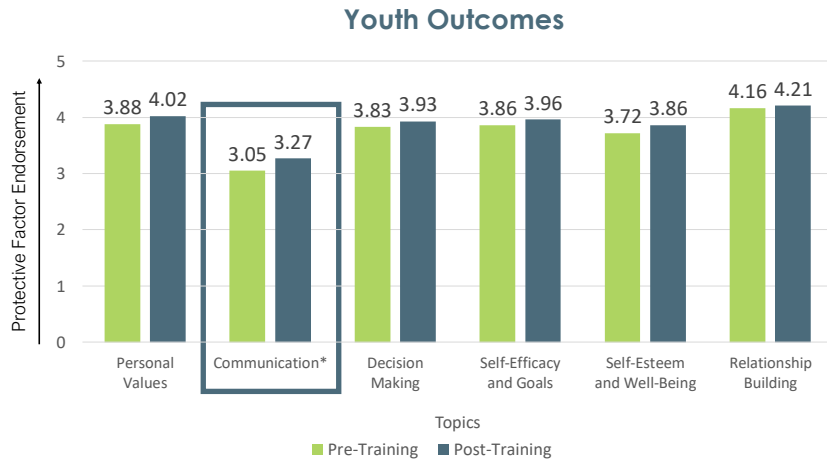
- Parents enjoyed the class, thought their facilitator did a good job, and felt they better understood youth
- Program participation improved parent **knowledge** and **confidence discussing** all key topics with youth

Topics Included: Sexuality  
Adolescence and Puberty  
Healthy Decision-Making  
Health Benefits of Abstinence  
Personal Values  
Relationships

"I loved the conversations where I learned more about my daughter"

- Parent participation improved the parent protective factor - **family functioning** (new measure) after participating

## Youth Outcomes



Youth Outcomes; \*indicates significance at  $p \leq .02$

## Youth Outcomes

After completing parent-child connectedness activities:

- Youth participation significantly improved youths' protective factor: **communication skills**
- Youth showed slight increases in other surveyed skills:

Topics Included: Relationship Building  
 Personal Values  
 Decision Making  
 Self-Efficacy/Goals  
 Self-Esteem/Well-Being

"Great for young parents and kids"

"I enjoyed the class and it brought up some key-points that were helpful with children"

## Voice of Families

### • Parents

- “We enjoy spending time doing this book together.”
- “It provides a structure to talk about difficult things and covers the suite of possibilities from friends to babies.”
- “Child welfare agencies should make this course a requirement for Children coming into custody. This is a possible solution to break generational cycles to form healthy relationships.”

### • Youth

- “I really liked them [activities] and I hope I do this class again”
- “It was fun”
- “Some of the activities really made me understand why or how this is happening and ... if it is something bad I will tell someone I trust about what happens.”

CLASSES ENROLLING NOW

## A Guide to Help Parents Prepare Adolescents for HEALTHY RELATIONSHIPS

### Lawrence

(training of trainers)

The Children’s Shelter  
1925 Delaware  
Tuesday, August 6, 2019, 9am-4pm

### Wichita

(training of trainers)

Kansas Family Advisory Network (KFAN)  
333 E. English St. Suite 215  
Tuesday, August 13, 2019, 10am-5pm

**\*\* Interested in attending a training in your area, want to set up a training of trainers for staff, or learn more about Healthy Relationships programming? Contact Aly Romero: [Aromero@childally.org](mailto:Aromero@childally.org)\*\***

# QUESTIONS?

Aly Romero, Children's Alliance of Kansas  
[Aromero@childally.org](mailto:Aromero@childally.org)  
Director of Special Projects- Training

Katherine Soon, KU CPPR  
[Katherine.soon@ku.edu](mailto:Katherine.soon@ku.edu)  
Assistant Researcher

