

## Camp Fire USA Orange County Council

# S.H.A.P.E.

Sharing **H**ealthy **A**dolescent and **P**arent **E**xperiences

*Helping parents talk "The Talk"*

### HOW MUCH?

S.H.A.P.E. (5 classes) is \$100 per child/parent pair, \$45 for a sibling in the same classroom

### WHEN?

Generally classes are offered during weeknights in the evenings.

Classes are scheduled at the request of PTA's, parent groups, scouting or recreational organizations, groups of neighborhood parents, school personnel or religious educators.

A minimum of 10 parent/child pairs is required.

### WHERE?

S.H.A.P.E. can be presented at schools, churches, hospitals, community organizations, and personal residences throughout Orange County.

### Why does my child need S.H.A.P.E.?

- ✓ Both parent and child receive factual information at the same time using the same terms
- ✓ Both experience talking about puberty and sex in a stress-free, fun environment
- ✓ The youth sees the parent as approachable on the subject
- ✓ A bond between parent and child is created opening up communication about relationships and growing up.

**SHAPE I: Parents attend 2-hour Parent Night. Youth ages 9-12 attend 4 classes with their parent(s) that are 2 hours each. Classes for girls and boys are separated by gender.**

**SHAPE II: Parent(s) and youth attend 4 classes with their parent(s) that are 2 1/2 hours each. Classes can be co-ed.**

- Male/Female Anatomy
- Puberty
- Menstruation
- Personal Hygiene
- Reproduction, Pregnancy, and Childbirth
- HIV/AIDS
- Abstinence/Contraception
- Resisting Peer Pressure
- Building Relationships
- Body Image/Media Influence

**Many parents want to talk to their youth about sex but most do not.**

**Some reasons parents give are:**

- ✓ Lack of information necessary to answer questions
- ✓ They never received any information from their parents
- ✓ Personal discomfort with the subject
- ✓ Perceived discomfort of their children
- ✓ Uncertainty as to **what** to say and **when** to say it

For information about the S.H.A.P.E. program, please contact:  
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