

**You
can
talk
to
me**

trainer notes



Trainer notes

It is the responsibility of those using the "You Can Talk to Me" Resource to ensure that the content is appropriate to the needs of the viewers. It is recommended that trainers familiarise themselves with the resource by viewing it in its entirety prior to viewing it in a group or workshop setting.

This DVD is also available in VHS format. It is designed to be used in conjunction with the "You Can Talk to Me" booklet for parents. For further copies of the DVD, booklet or VHS version of the resource please contact the Crisis Pregnancy Agency at info@crisispregnancy.ie or 01 814 6292.

Resource Sections

The resource is presented in 4 sections. Each section is designed to highlight particular messages and learning for parents. The resource starts with a short opening sequence, introducing concepts and themes in the resource, and allows viewers to familiarise themselves with the presenters.

Section 1 At Home with the O'Connells

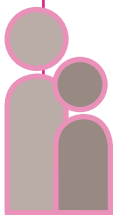
This is designed to be a short, humorous ice-breaker to enable participants to relax and gain insights and self-awareness on common communication scenarios. Parents may also empathise with the characters and situations in the scenario.

Key questions or discussion topics after viewing this section for the group:

Was it a truthful portrayal of how parents and their children interact and communicate on the topic of sex?
How do you imagine the children feel? Were their reactions realistic?
When or how did the parents go wrong?
What were the key messages from Dr Tony Bates and Dr Maire Murray?

Section 2 Teenagers and Parents Talking

This documentary section shows teens and parents responding to questions on sex education, parental involvement and communication in the home. The aim of this section is to help parents overcome embarrassment in communicating with their children and to reinforce that most teens want to hear about sex and relationships from their parents.





Key questions or discussion topics after viewing this section for the group:

What can be learned from the teens' comments?

How did you learn about sex and relationships?

(this may not be appropriate to be shared with the group but can allow for parents to self-reflect)

What are the practical approaches parents can take to improve communication with their children?

What are the key messages from Dr Tony Bates and Dr Maire Murray?
(*Start early, start now; Ask questions; Be open and honest; Talking about it doesn't make it happen; Being there.*)

What does "being there" mean for the group? Are there examples talked about by parents and teens in this section of the resource?

Section 3 Putting Yourself in the Conversation

In this section Dr Tony Bates and Dr Marie Murray discuss key issues and communication skills for parents. Dr Carol MacKeogh discusses the media and how it can be used to stimulate communication.

Key questions or discussion topics after viewing this section for the group:

How can parents use the media as a tool to enhance communication with their children?

Does the group have additional helpful suggestions to share?

What are the communication steps Dr Tony Bates and Dr Marie Murray discuss? (*Starting; Building; Listening; Sharing; Responding.*)

What does the group understand by these steps? How can they be put into practice in the home?

What have you learned from viewing this resource?

Section 4 Extended interviews with our experts

This booklet is designed to complement the 'You Can Talk To Me' DVD, and has been developed by the Crisis Pregnancy Agency to assist parents in communicating with their children on sexual health and relationships. The DVD/Video contains extended interviews with Dr Tony Bates, Dr Marie Murray and Dr Carol MacKeogh. They cover helpful topics and address additional questions or concerns that parents may have. It is recommended that the further interviews be viewed after trainers have explored the first three sections of the resource thoroughly with the group. What parents find useful in this resource may differ from parent to parent and family to family, depending on personal, moral or religious views.

Additional resources for trainers;
Team Up Resource, Department of Education and Science.
Available from Drumcondra Education Centre: 01 857 6422