

Sexual Health Bromley is pleased to offer a free **Time to Talk** session to parents/carers of young people with learning and/or physical disabilities living or studying in Bromley.

Time to Talk will help you to communicate with children and young people in an open and honest way. This can help them to resist peer pressure, have accurate information on growing up that is right for their age and also help you to understand how your own values may impact on how you talk about relationships and sex.

Get some tips on talking and listening to young people about growing up, relationships and sex, as well as looking at ways to support young people delaying early sex. The course will provide an opportunity for you to discuss specific needs relating to your young people as well as talk and share experiences with other parents/carers.

In just 2 hours you can:

- Find out about and look at resources that can help you
- Refresh your knowledge on puberty, contraception, sexually transmitted infections (STIs) and sex and relationship education
- Begin to develop confidence and the language to initiate conversations
- Discuss the media content that young people access through the internet, mobile phones, TV and game consoles and pornography

Workshops include:

1. What you think young people should learn about relationships and sex and when
2. A puberty update
3. An update on contraception and STIs including where to go for help and advice
4. The impact of pornography, sexting and the issues related to young people not receiving good quality relationships and sex education

When: Tuesday 1st February 11am-1pm
OR
Tuesday 1st March 7-9pm

Where: Harry Lyne Room, Beckenham Beacon
379 Croydon Road, Beckenham, BR3 3QL

To book a place: email: bromh.sexualhealth@nhs.net

telephone: 0300 330 5777 opt. 2, followed by opt. 1