

Potential Pilot: Caregiver and Me Circle

- Introduction & STYA history (EMAIL: jquick@badenstreet.org)
- Given the current Covid-19 crisis and the unknowns regarding the return to in-person programming are there ways to productively encourage and normalize open dialogue between parent(s)/guardian(s) and youth on SRAE related topics (puberty/body development, STIs, etc.)?
- **Potential pilot outline/action plan:**
 - Fine tune the plan (SRAE call, talking with other health educators, friends that are parents, etc.)
 - Locate 5 adult/child pairs (connections to programming sites, City of Rochester Recreation sites, colleagues, personal contacts, 4-H club, etc.) willing to participate in a Caregiver and Me Circle focused on tackling puberty as well as other tough conversations (masturbation, porn).
 - Pre-survey - written or verbal – provide overview of topics (puberty, relationships, porn, bullying, etc.), comfort level of having these conversations, feeling prepared and knowledgeable, known resources to support the conversation, etc.
 - Email/text - specific parent(s)/guardian(s) and youth appropriate videos from AMAZE (links provided) with open ended reflection questions (separate), and conversation starters/questions (together).
 - Examples of questions: how do I feel after watching the videos/reviewing the material? What did I learn? Who are trusted adults I can talk to on this subject? How can I best support my child at this time?
 - Check in via phone call a week later.

Examples of baseline material:

- How to be a good listener: <https://amaze.org/video/puberty-awkward-conversations/>
- Example (youth): <https://amaze.org/video/puberty-taking-care-of-your-body-during-puberty/>
- Example (youth): <https://amaze.org/video/all-about-getting-your-period/>
- Example (adult): <https://amaze.org/video/having-the-talks-girls-and-puberty/> and script: https://amaze.org/wp-content/uploads/2017/11/KeyMessageScripts_GirlsPuberty.pdf
- Example (adult): <https://amaze.org/video/talks-boys-puberty/> and script: https://amaze.org/wp-content/uploads/2017/11/KeyMessageScripts_BoysPuberty.pdf

Examples of material for additional conversations around “tough” topics:

- Consent: https://www.youtube.com/watch?v=4z9_L9FXA3o
- Wet dreams: <https://amaze.org/video/puberty-wet-dreams-nocturnal-emission/>
- Porn: <https://amaze.org/video/having-the-talks-porn/> (video) https://amaze.org/wp-content/uploads/2017/11/ConversationStarters_Porn.pdf (conversation starter) / https://amaze.org/wp-content/uploads/2017/11/KeyMessageScripts_Porn.pdf (script)
- Educator Toolkit (beyond MAD – other SRAE discussion topics): <https://amaze.org/educators/toolkits/>

- Potential zoom call with adults and youth two weeks from start date - (embracing the awkward, acknowledging emotions, keeping doors of communication open, active listening, affirmations, and strength-based approaches, feedback on how do we reach others, resource sharing i.e. books, local clinics, etc.)
- Post-survey - written or verbal (phone call follow-up)– was this worthwhile/useful, knowledge gained, was there an increase in comfortability? Do we do a youth and an adult survey? Or a group feedback session discussion?
- Future take-away: book? Food?

ACT for Youth book suggestions provided by Jutta:

- It's Perfectly Normal: Changing Bodies, Growing up, Sex, and Sexual Health (my favorite) by Robie Harris (for ages 10 and up)
- It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families by Robie Harris (for ages 7 and up)
- The “What's Happening to My Body?” Book for Boys: A Growing Up Guide for Parents and Sons by Lynda Madaras and Martin Anderson (for ages 8 to 15)
- The “What's Happening to My Body?” Book for Girls: A Growing Up Guide for Parents and Daughters by Lynda Madaras and Marcia Herman-Giddens (for ages 8 to 15)
- Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex by Deborah Roffman (caregiver option)