But there may be some topics you don't feel comfortable talking about with your kids. That doesn't make you un-cool or a bad parent.

TRUTH TALK is designed to talk to students about hard topics in an environment where they can ask those tough questions. Our trained facilitators will discuss the “stuff” that your kids are facing every day, and will help them figure out what’s healthy and what’s not.

The goal is to promote healthy lifestyle choices by educating students and adults on abstinence and positive decisions about sex, peer pressure, media influence and technology. TRUTH TALK teaches about self-esteem, the importance of goal setting, and engages students in conversations to get them thinking about the long-term impact of their decisions today.

The TRUTH TALK program uses a range of curriculum, tools, activities, scenarios and discussions to engage students. Plus, there are opportunities for parents/guardians to get involved too!

TRUTH TALK is brought to you in part by:

ST. MARY'S
Healing BODY, MIND and SPIRIT.

Questions? Learn more and contact us at:

www.restoringpeople.com

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Evansville, IN 47714
info@restoringpeople.com
812.423.9222
TRUTH TALK topics vary according to age group and may include:

- Abstinence
- Abuse
- Consequences
- Decision Making
- Emotional Needs
- Goal Setting
- Love vs. Infatuation
- Maturity
- Media Pressures
- Positive Relationships
- Technology Abuse
- Secondary Abstinence
- Self Esteem
- Setting Limits
- Sex Education
- Sexually Transmitted Diseases
- Social Situations

You talk about it with your friends, watch it on your favorite TV shows, and find it while you search the web...

It's sex, and it's everywhere!

But do you know the truth about having sex?
We're sure you have a lot of questions about it.
Do you know the difference between what you see on TV and what happens in real life...

What about on the web? Can everyone really see everything you do online? What if you say or do the wrong thing...

What are you supposed to say when your friends start talking about sex? Will they talk about you to others if you say the wrong thing?

Who and what can you trust? Where can you turn to find the answers to your questions?

TRUTH TALK was made to help students like you with those tough questions, and many more.

If you want to learn the truth, join us for TRUTH TALK. You will learn how to make healthy decisions now and in the future.

Show this to your parents and ask your school for TRUTH TALK.