



## IF HE LIKES ME THEN ITS OK, RIGHT?

There's a lot to think about when it comes to sex.  
When is the right time? Is this the right person?  
Does it happen like on TV? What's so great about it?

TRUTH TALK will tell you what's really important to  
know about sex, your health and your happiness.

# YOU'RE A GOOD PARENT... AND YOU'RE PRETTY COOL TOO

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](http://www.restoringpeople.com)



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[ DRAMA • GOSSIP • SEXTS  
FRENEMIES • CYBER BULLIES ]

# TRUTH | TALK



## DO YOU KNOW THE TRUTH ABOUT STUFF?

# MORE ABOUT TRUTH TALK

**TRUTH TALK is part of the Abstinence Education Program, a service of the Evansville Christian Life Center.**

The purpose is to help students connect their Friday night to their future. With a whole person health perspective, students are taught ways to have healthy and positive relationships.

Our commitment is to provide truthful information in an engaging and non-judgmental environment, without sharing personal beliefs.

We have trained facilitators who present TRUTH TALK to schools and community agencies. These facilitators have attended training with CPR, the Creating Positive Relationships curriculum that is utilized in public schools across the nation.

This program also offers ways for parents to get more involved in the TRUTH TALK dialogue. Some opportunities include parent nights and after school events. Parent programs will vary among schools.

Ask your child's school to start the dialogue about healthy relationships by including TRUTH TALK in their health or after school programs, along with a parent event.

## **TRUTH TALK topics vary according to age group and may include:**

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

# MY FRIENDS ARE POSTING BAD THINGS ABOUT ME...



# DO YOU KNOW THE TRUTH ABOUT STUFF?

**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.**