

# Parent-Child communication on life subjects as sexual education and prenatal education

On-line program for parents and professionals

Nr.	Module	Sessions	Time
1.	Parent-child communication skills for different age stages 🕒 7 h 30 min	1. Communication Essentials for parents and educators	90 min
		2.+3. Parent-child communication for different age stages	180 min
		4. Support for children development with Trans. Analysis	90 min
		5. Prevention of communication dissonances	90 min
2.	Sexual development of children and teenagers and messages related to child sexuality at different age stages 🕒 9 h	1. Sexuality and reproductive rights	90 min
		2. Sexuality and its components	90 min
		3. Sexual energy as a whole body energy	90 min
		4. Information for children and teenagers to foster safety	90 min
		5. The sexually reactive children and sexual abuse	90 min
		6. Good touch – bad touch-Appropriate social distance	90 min
3.	The importance of child self-esteem in adopting a safe behavior 🕒 6 h	1.+ 2. Self-esteem - the turntable of child development	180 min
		3. Self-esteem and developing of life competencies/skills	90 min
		4. Self-esteem and children /teenagers sexual behavior	90 min
4.	Parent awareness in forming the child values, myths and prejudices concerning relationship 🕒 6 h	1. Values and Relationship	90 min
		2. Assessing parent - child Relationship	90 min
		3. Myths and reality for teenager lovers	90 min
		4. Transformation of prejudices and stereotypes	90 min
5.	Respecting children rights especially the right of participation in parent-child communication 🕒 6 h	1. The meaning of child's participation	90 min
		2. Respecting the Participation Right of children	90 min
		3. Child's survival and development rights	90 min
		4. Prevention of abuse for children and teenagers	90 min
6.	Prevention of unwanted pregnancy and sexual transmitted infections 🕒 6 h	1. Barriers in STI / pregnancy prevention	90 min
		2. Risk assessment for STI and too early pregnancies	90 min
		3. Prevention of early pregnancy, including contraception	90 min
		4. The impact of unwanted pregnancies on human life	90 min
7.	Prenatal education adapted to children and teenagers understanding 🕒 7 h 30 min	1. Conception, the first step of the pregnancy	90 min
		2. Conditions for a safe and harmonious pregnancy	90 min
		3. Birth, the first step of a long journey	90 min
		4. Consequences of teenagers pregnancies	90 min
		5. Teenagers should know the special needs of newborns	90 min
8.	Emotional development of children and teenagers 🕒 7 h 30 min	1. Forming emotions from baby to teenagers	90 min
		2. Attachment in parent-child relationship	90 min
		3. The impact of negative emotions and stress for children	90 min
		4. Children and teenagers emotion / conflict management	90 min
		5. Emotional intelligence for children	90 min
9.	Parents and educators strategies to manage media/internet influence on children 🕒 6 h	1.+2. The impact of media on children development	180 min
		3+4 Children protection from internet pornography and abuse	180 min
	9 Modules 🕒 61 h 30 min	41 (37) sessions	3.690 min



**Parent-Child communication on life subjects as sexual education and prenatal education**

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**0. Introduction – overall presentation and glossary of terms**

**1. Parent-child communication skills for different age stages (session 1-5)**

- **Session 1 Essentials of communication skills for parents and educators**

*Objectives: at the end of the session, participant will be able to:*

1. *Identify the main communication skills parents should use in the relationship with their children/teenagers*
2. *Assess the parental attitudes in communication with children and teenagers in different situations*
3. *Identify the issues produced by the lack of communication skills in parent-child relationship*
4. *Explore the main messages parents should provide to children and teenagers for a positive relationship*
5. *Identify the parents' role model in children/teenagers communication situations*

<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
Communication skills for parents	Presentation and drag and drop exercises	<b>25 min</b>
Communication attitudes of parents	Case studies	<b>20 min</b>
The impact of parental poor communication skills parent-child relationship	Presentation and case studies	<b>20 min</b>
Appropriate messages for children/teenagers	Presentation and formative test	<b>25 in</b>

- **Session 2+3 Parent-child communication specificities in different age stages**

*Objectives: at the end of the session, participant will be able to:*

1. *Explain the fundamentals principles of parent- child communication for all age stages*
2. *Explain the attitudes parents should have for different child age stages*
3. *List and explain the main verbal and nonverbal tips parents could use in communication with children in different age stages*

4. Identify the main solutions for different issues about parent-child communication difficulties in several given situations
5. Identify the children's needs for their proper development
6. Identify the children's communication needs for a positive parent-child relationship
7. Find the main messages parents should provide to children to different age stages for their development

Training content	Methods /Activities	Time 90 x2 min
Identify children needs in their development	Presentation, drag and drop	15 min
Principles of parent attitudes to communicate with their children for all age stages	presentation	10 min
Short video presentation about parent-teen communication and children's communication needs	Video and short formative test to conclude	45 min
Examples of verbal and nonverbal communication tips for parents	presentation and drag and drop exercises	20 min
Different problems and barriers in parent child communication	Case studies +video 7 types of Child Behavior	25 min
The impact of some inappropriate messages of parents for child development	Presentation and Case studies cycles of development	30 min
Messages offered by parents to children at different age stages	Selection of messages and formative test	35 min

- **Session 4 How parents can support their children and teenagers in personality development – Transactional analysis**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the main features and behaviors for each Transactional Analysis ego-states (Parent-Adult-Child)
2. Find the main consequences of the TA injunctions on children personality development including school education
3. Find the main consequences of the TA drivers on children personality development including pressure for school education and performance
4. Identify the main messages parents should transmit to their children for a healthy personality development according with TA principles

Training content	Methods /Activities	Time 90 min
Children personality development and Transactional Analysis principles	Presentation /drag and drop questions	20 min
The impact of Injunctions on children development	Case studies Video	20 min
The impact of Drivers on children development	Case studies	15 min
The messages parents transmit to their children related to school and performance	Case studies	15 min
Permissions granted by parents for children healthy development	Selection of messages and formative test	20 min

- **Session 5 Prevention of communication dissonances (mother-father- GP-(teacher) child)**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify /Select/ Exemplify at list 3 dissonant communication issues between parents, parents and grandparents, separated parents*
2. *Identify the impact of dissonant communication between family members on children participation in several situations*
3. *Identify the main positive messages that can replace dissonant messages of family members regarding the child in several given situations*
4. *Identify the advantages of an harmonious communication within the family among family members and the child*

<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
Dissonant communication issues in front of the child within the family	Presentation and exercises	<b>20 min</b>
Situations of dissonant communication and their impact on the child	Case studies	<b>25 min</b>
How can be transformed the dissonant communication messages addressed to the child	Case studies and selection of proper messages	<b>25 min</b>
Advantages of a harmonious communication with the child within the family. The importance of choosing the right words in communication	Presentation and formative test	<b>20 in</b>

## 2. Sexual development of children and teenagers and messages related to child sexuality at different age stages (session 1-6)

- **Session 1 Sexuality and reproductive rights**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the sexual rights
2. Identify the principles of sexuality education in Europe
3. Identify the outcomes of Sexuality education
4. Identify the specificity of sexuality education for different age stages

Training content	Methods /Activities	Time 90 min
Sexual rights	Presentation and exercises	20 min
Principles and outcomes of sexuality education	Presentation and exercises	30 min
Specificity of sexuality education for different age stages	Case studies and exercises, formative test	40 min

- **Session 2 Sexuality and its components**

**Objectives:** at the end of the session, participant will be able to:

1. Describe the importance of Sexual Education
2. Explain and identify the significance of sexuality and understand the components of it
3. Understand the difference between sex and sexuality
4. Describe and identify the "normal" development of children and teenagers and unhealthy sexual development
5. Identify and understand the messages related to sexuality at different age stages
6. Describe at least two myths and two facts related to sexual topics.
7. Debunk the sexual related topics

Training content	Methods /Activities	Time 90 min
Importance of Sexual Education; Definitions and significance of sexuality; The difference between sex and sexuality; The components of sexuality	Presentation and formative test (drag and drop, true/false etc)	25 min
Healthy and unhealthy sexual development and behavior in children and teenagers	Case studies formative test	30 min
Messages related to child sexuality at different age stages /Promoting Healthy Sexual Development	Selection of messages, drag and drop video presentation talking about sex	20 min
Myths and facts about sexuality topics	True /false questions conclusions presentation	15 min

- **Session 3 Sexual energy as a whole body energy**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the role of sexual energy from ancient traditions
2. Understand the manifestations of sexual energy in human body
3. Identify the importance of sexual energy for children and teenagers development

Training content	Methods /Activities	Time 90 min
Sexual energy as a concept	Presentation video	30 min
The manifestation of sexual energy	Presentation white board doodle application	30 min
Importance of sexual energy on children and teenagers development	Presentation and formative test	30 min

- **Session 4 Strategies for parents to convey information to children and teenagers for their safety**

**Objectives:** at the end of the session, participant will be able to:

1. Assess the difference between 'normal' sexual behavior of children from potentially risky behaviors (Sexual play vs risky sexual behavior) and indicate the appropriate response with the involved children
2. Indicate some strategies -how to teach -to speak- to their children for their body and personal safety (Provide essential information and guidance).
3. Identify their role as parents /caregivers /educators in promoting normal sexual development and behavior of children/ teenagers at different age stages
4. Identify the most appropriate answers for children to their questions about sexual related topics
5. Identify their own values and opinions concerning sexual related topics

Training content	Methods /Activities	Time 90 min
Presentation of theory and different situations about sexual behavior at children	case studies and selection of answers (drag and drop, true-false, simple /multiple choice questions)	25 min
Messages to be transmitted to children and teenagers by their parents concerning their body protection and personal safety	Video presentation select message to deliver to children /teenagers	25 min
Answer the children and teenagers questioning about sexuality and sexual behavior	case studies select proper messages	20 min
Personal values and opinions about sexuality topics	case studies select proper messages formative test	20 min

- **Session 5 The sexually reactive children and sexual abuse**

**Objectives:** at the end of the session, participant will be able to:

1. Define the meaning of sexually reactive child
2. Identify sexually reactive behavior and physically signs in children (which behaviors might signal that a child is as a victim of sexual abuse or acting in a sexually aggressive manner towards others)
3. Messages to children to prevent the risk of sexual abuse
4. Identify the parents' / caregiver's/ professionals' role in prevention of sexual abuse

Training content	Methods /Activities	Time 90 min
Concept / situations regarding sexually reactive child	presentation and video	15 min
Signs and behaviors for sexually reactive child	case studies and video	25 min

Parental messages for children and teenagers to prevent sexual abuse for different age stages	case studies, selection of messages, video	<b>30 min</b>
Strategies for risk prevention of sexual abuse	case studies video formative test	<b>20 min</b>

- **Session 6 :Good touch – bad touch-Appropriate social distance**

*Objectives: at the end of the session, participant will be able to:*

1. *Identify the meaning and the type of the good (safe) or bad (unsafe) touches*
2. *Identify the significance of teaching children about good or bad touches*
3. *Identify the feelings produced by the bad touches and the good touches*
4. *Identify some safety rules and strategy to teach their children to say NO*

<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
Definition and list of good (safe) or bad (unsafe) touches	Presentation , video	<b>25 min</b>
Situations for children and teenagers subjects to good/bad touches	Case studies, drag and drop exercises	<b>25 min</b>
The impacts of good /bad touches for children and teenagers	Presentation, case studies, video	<b>20 min</b>
<b>Messages provided to the children /teenagers to help them protect from bad touches</b>	Case studies, selection of messages, formative test	<b>20 in</b>

### 3. The importance of child self-esteem in adopting a safe behavior (Session 1-4)

- **Session 1+2 Self-esteem - the turntable of child development**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the factors which contribute to forming the child self-esteem
2. Recognize the signs of a high/low self-esteem
3. Assess their own self-esteem using the Rosenberg Self-Esteem Scale and Coopersmith Self-esteem Inventory (Licence Coopersmith Self-Esteem Inventory Adult Form (CSEI-AD) <https://www.mindgarden.com/coopersmith-self-esteem-inventory/424-cseiad-remote-online-survey-license.html> Remote Online Survey License
4. Identify the parental behaviors which facilitate the forming of a high/low self-esteem to their children
5. Identify the manifestations of unconditional love as a prerequisite for children self-esteem development
6. Identify the importance of teaching children and teenagers to make appropriate choices for a fulfilled life
7. Select the messages which enhance children self-esteem

Training content	Methods /Activities	Time 90 x 2 min
Concept and components of self-esteem	Presentation and short formative test	30 min
Manifestations of a high/low self-esteem	Case studies and test	30 min
Assess the self-esteem score for parents and children	Test online	30 min
Parental behaviors and their impact on children/teenagers self-esteem	Case studies and video	30 min
The importance of unconditional love as a condition for forming children self-esteem	Presentation and exercises	30 min
The importance of teaching children to make choices Selection of the proper messages for consolidate children self-esteem	Presentation, selection of messages, formative test	30 min

- **Session 3 Self-esteem and developing of life competencies/skills for children and teenagers**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the key life competencies to be developed by children/teenagers
2. Identify the impact of key life competencies/skills in consolidating children and teenagers self-esteem
3. Establish the parents strategy to support children /teenagers key life skills/competencies
4. Identify key messages and parental behavior for forming life skills/competences for children and teenagers



<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
Key life competencies /skills to be provided to children for different age stages	Presentation and formative test	<b>30 min</b>
How to teach life skills to children	Case studies	<b>30 min</b>
Key messages	Presentation, exercises and formative test	<b>30 min</b>

- **Session 4 Self-esteem and children /teenagers sexual behavior**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the children/teenagers life decisions which can be influenced by high/low self-esteem*
2. *Identify the impact of children/teenagers self-esteem on sexual behavior*
3. *The role of children/teenagers self-esteem for preventing early pregnancies*

<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
The impact of low/high self esteem on children/teenagers behaviors	Presentation and case studies	<b>30 min</b>
How self-esteem can influence children and teenagers' sexual behavior	Case studies Video and test	<b>30 min</b>
The importance of self-esteem in life choices and in the occurrence of early pregnancies	Case studies and formative test	<b>30 min</b>

#### 4. Parent awareness in forming the child values, myths and prejudices concerning relationship (session 1-4)

- **Session 1. Values and Relationship**

**Objectives:** at the end of the session, participant will be able to:

1. Identify different forms of values: personal, familial, social, sexual, spiritual etc.
2. Explore the way values influence behaviors and relationship
3. Identify the qualities of a positive relationship in general and in your family (with your child, partner) in special
4. Understand the importance of respecting other's values within a close relationship (parent-child, couple)

Training content	Methods /Activities	Time
Identification of personal values	Presentation, exercises	20 min
What a positive relationship means	<b>Presentation, exercises</b>	20 min
Assessment of a couple relationship	Inventory	20 min
The importance of common values for a family relationship	Case studies	30 min

- **Session 2 Assessing parent-child Relationship**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the impact of parent-child relationship
2. Identify the influence of his/her own childhood on his / her relationship with the child
3. Identify strategies and ways to improve parent-child relationship in given situations

Training content	Methods /Activities	Time 90 min
Parent-child relationship	Presentation and exercises	20 min
Double Parent-child relationship inventory	2 inventories on parent-child relationship	30 min
Strategies to improve parent-child relationship	Case studies and formative test	40 min

- **Session 3 Myths and reality for teenager lovers**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the main myths for teenager lovers
2. Identify arguments and messages to transform teenager's myths
3. Identify strategies to talk to children and teenagers about life issues concerning sexuality education and prenatal education

Training content	Methods /Activities	Time 90 min
Myths and realities for teenager lovers	Presentation and exercises	30 min
Messages to be provided to children and teenagers to transform myths	Case studies	30 min
Strategies to talk to children and teenagers about life issues	Presentation exercises, formative test	30 min

- **Session 4. How can be transformed prejudices and stereotypes in children education**

*Objectives: at the end of the session, participant will be able to:*

1. *to explain what prejudices, stereotypes and discrimination are*
2. *to examine stereotypes in parent –child relationship and explain how stereotypes affect relationship*
3. *to find ways to educate their children in order to avoid /transform the prejudices/discrimination against boys and girls*

<b>Training content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
definition of 3 terms of prejudices, stereotypes and discrimination (Cambridge dictionary)	Drag and drop	10 min
Situations for children discriminations &exposed to prejudices and stereotypes	Video presentation Case studies	40 min
Transforming prejudices and stereotypes	PPT presentation, drag and drop exercises formative test	25 min
Life situations when parents prove the transformation of a prejudice/stereotype encountered in children education	Cases studies and formative test	25 in

## **5.Respecting children rights especially the right of participation in parent-child communication (session 1-4)**

- **Session 1. The meaning of child's participation**

**Objectives:** at the end of the session, participant will be able to:

1. Explain what the rights of the child mean
2. Define child participation
3. Identify the basic principles of participation
4. Describe the participation levels of children according to the “participation ladder”
5. Identify the true participation of children based on the checklist of participation

<b>Training Content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
➤ Introducing the child rights	Drag and drop different rights of children Presentation and formative test	20 min
➤ Structuring the definition ➤ Comparisons between the meaning of the legal text and the identified definitions	Selection of words expressing participation Find the situations expressing participation Presentation	15 min
➤ Principles of the Children Rights in Convention	Matching case studies Drag and drop Presentation	20 min
➤ "The Ladder of Participation"	Presentation Levels of participation for different case studies	20 min
➤ checklist for the true participation	Presentation Case study Formative test	15 min

• **Session 2. Respecting the Participation Right in Parent-Child Relationship**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the main behaviors by which parents prove respect for the children participation right
2. Explain the signs of non-respecting children participation versus behaviors which prove respect for children participation in a given situation

<b>Training activities</b>	<b>Methods</b>	<b>Time</b>
Participation right in Parent-Child relationship	Selection of participation behaviors	15 min
Parental actions /emotions/words in different life situations which affect children participation and have consequences on child behavior	case studies select the signs of non-respecting children participation drag and drop consequences	30 min
Adult actions/emotions/words in different life situations face to their old parents	Case studies drag and drop similarities	30 min
Conclusions about respecting the participation right for children in specially but for each human being in general	Presentation and formative test	15 min

- **Session 3. Child's survival and development rights**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the basic needs of the child
2. Indicate the difference between the needs of children and their desires
3. Identify the child's competences according to age
4. Identify the effects of over protection on child development
5. Indicate rules to spend quality time with the child

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Child's access to resources and support from parents for fulfilling their potential	Presentation and formative test Selection of words expressing needs and wishes	<b>35 min</b>
Competence and creativity development versus over protection	Presentation Matching case studies Drag and drop	<b>30 min</b>
What does it mean spending quality time with the child?	Presentation Case studies Drag and drop rules for quality time with the child. Formative test	<b>25 min</b>

- **Session 4 Prevention of abuse for children and teenagers**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the definition of child abuse and neglect;
2. Identify the risk factors of abuse and neglect and the factors of protection;
3. Indicate the psycho-behavioral signs of physical, emotional, sexual and neglect in a given situation.
4. Indicate the effects / consequences of forms of abuse on the child / teenager.

<b>Training Content</b>	<b>Methods /Activities</b>	<b>Time 90 min</b>
Defining the terms of abuse and neglect on the child/teenager - typologies and forms of abuse.	Selection of words expressing abuse and neglect. Presentation and formative test	<b>30 min</b>
Abuse and neglect - risk factors and protective factors.	Presentation Drag and drop risk factors and protective factors.	<b>20 min</b>
The psycho-behavioral signs of physical, emotional, sexual abuse and neglect	Matching case studies Drag and drop Presentation Selection of words/ Find the situations expressing participation	<b>20 min</b>
Effects of forms of abuse felt by children and teenagers.	Presentation Case studies Formative test	<b>20 in</b>

## 6. Prevention of unwanted pregnancy and sexual transmitted infections – the outcome of a high risk sexual behavior (session 1-4)

- **Session 1. Barriers in STI (sexual transmitted infections) prevention and teenager pregnancy prevention**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the most common causes for lack of information and barriers concerning STD's prevention
2. Name at least 3 common contraceptive measures and their most appropriate use;
3. Identify the most important signs for the main STIs
4. Identify the main messages and strategies parents and educators should provide to children and teenagers to prevent the occurrence of STI

Training activities	Methods	Time 90 min
Barriers concerning the transmission of information for STI prevention for children and teenagers	Presentation and exercises	25 min
Classification and major signs of STIs	Presentation case studies video	40 min
Messages to prevent the risk /occurrence of STIs for children and teenagers	Case studies, selection of messages formative test	25 min

- **Session 2 Risk assessment concerning STI's & too early pregnancy for teenagers**

**Objectives:** at the end of the session, participant will be able to:

1. Define the risk assessment concerning the STIs and pregnancies for teenagers
2. Identify the importance and biases in risk assessment concerning the STIs and pregnancies for teenagers
3. Identify the decision making process to assess and minimize the risks

Training activities	Methods	Time 90 min
Concept of risk assessment concerning the STIs and pregnancies	Presentation and exercises	30 min
Importance of risk assessment and biases	Presentation and drag and drop exercises	25 min
Decision making process for risk assessment	Case studies and formative test	35 min

- **Session 3 Prevention of early pregnancy, including contraception**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the main causes for the occurrence of early pregnancies for children and teenagers
2. Identify the role of parents /educators to prevent early pregnancies for children and teenagers
3. Select the most appropriate messages parents/educators should provide to children /teenagers to prevent early pregnancy

Training activities	Methods	Time 90 min
Causes of early pregnancies for children and teenagers	Presentation, video and exercises	30 min

Role of parents and educators for preventing early pregnancies	Case studies	<b>30 min</b>
Messages to be provided to children and teenagers	<b>Case studies and formative test</b>	<b>30 min</b>

- **Session 4 The impact of unwanted pregnancies on human life**

**Objectives:** *at the end of the session, participant will be able to:*

1. *Identify the impact of unwanted pregnancy on future child life according to scientific research in the domain*
2. *List the main messages /behaviors parents should provide to the former unwanted child for a better development*
3. *Identify the messages for teenagers and children to prevent an unwanted pregnancy*

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Unwanted pregnancies in scientific research	Presentation and formative test	30 min
Impact of unwanted pregnancies on future child life	Video and case studies	30 min
Messages to be provided to teenagers and children to prevent unwanted pregnancy	Case studies selection of messages and formative test	30 min

## 7. Prenatal education adapted to children and teenagers understanding (Session 1-5)

- **Session 1 Conception, the first step of the pregnancy**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the role of hormonal system in conception and pregnancy
2. Indicate the influence of environment and future parents' behavior on the child conception
3. Understand the importance of conception preparation for the health of future child

Training activities	Methods	Time 90 min
Physiological and hormonal conditions for conception	Presentation, video exercises	30 min
Environment and behaviors which influence conception	Presentation, exercises	30 min
How can be prepared the child conception	Presentation, formative test	30 min

- **Session 2 Conditions for a safe and harmonious pregnancy for mother and child**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the most important events in child intrauterine development
2. Identify the importance of a safe physiological and psychological environment for embryo and fetus
3. Identify the importance of future parents' behavior in prenatal period

Training activities	Methods	Time 90 min
Future child development during the 9 months	Presentation, video exercises	30 min
The importance of environment for future child	Case studies, video, exercises	30 min
Parents behavior during prenatal period	Case studies, formative test	30 min

- **Session 3 Birth, the first step of a long journey**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the factors that are leading to a non-violent birth
2. Classify and describe the main phases of the birth
3. Explain the importance of natural birth for parents and child from the scientific, physiological and psychological point of view

Training activities	Methods	Time 90 min
The importance of a non violent birth	Presentation and exercises	30 min
List and description of birth phases	Presentation and case studies	25 min
Natural birth- scientific arguments	Presentation, video, formative test	35 min



- **Session 4 Consequences of teenagers pregnancies**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the responsibility of having a child*
2. *Identify the impact of teenage pregnancy on teenager life choices, family and friends*
3. *Identify the impact of teenage pregnancy on the new born*

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Responsibility of having a child	Presentation, video	<b>20 min</b>
The impact of a teenage pregnancy on future parents, extended family and friends	case studies, exercises	<b>35 min</b>
The impact of a teenage pregnancy on new born	Case studies, video, formative test	<b>35 min</b>

- **Session 5 Teenagers have to know about special needs of newborns and babies**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the most important needs of new born and small child*
2. *Identify the milestones in physiological and emotional development of new born and small child*
3. *Identify the skills parents should have for caring a newborn and a small child*

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Newborn needs	Presentation and exercises	<b>30 min</b>
Milestones in small child development	Presentation and case studies	<b>30 min</b>
Parental skills for caring a small child	Case studies and formative test	<b>30 min</b>

## 8. Emotional development of children and teenagers (Sessions 1-5)

- **Session 1 Forming emotions from baby to teenagers**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the basic systems of forming emotions in children and teenagers
2. Identify the steps of forming the social brain in newborn, children and teenagers
3. Describe the concept and importance of filling the "emotional tank" for children and teenagers
4. Identify the importance of unconditional love expressed by parents as a foundation for children and teenager development

Training activities	Methods	Time 90 min
How emotions are formed	Presentation and exercises	25 min
Social brain steps in forming	Presentation and case studies	25 min
"Emotional tank" for children in special and human being in general	Case studies, exercises	20 min
The importance of unconditional love in children/teenager development	Case studies, exercises, formative test	20 min

- **Session 2 Attachment in parent-child relationship**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the importance and types of attachment in parent- child relationship
2. Select the main signs about safe and unsafe types of attachment in a given situation
3. Identify the impact of different forms of attachment on children development

Training activities	Methods	Time 90 min
Types of attachment	Presentation and case studies	25 min
Signs about safe and unsafe attachment	Case studies video and exercises	35 min
Impact of different forms of attachment on children and teenagers development	Case studies exercises and formative test	

- **Session 3 The impact of negative emotions and stress for children (from babies to teenagers)**

**Objectives:** at the end of the session, participant will be able to:

1. Identify the specificity of stress response system for children and teenagers
2. Identify the impact of negative emotions on children and teenagers development
3. Highlight the links between emotional trauma as newborn /small child/infant and the occurrence of trauma of adult life

Training activities	Methods	Time 90 min
Stress response system development	Presentation and exercises	15 min

Impact of negative emotions on children and teenagers	Case studies and exercises	<b>45 min</b>
Consequences of emotional trauma in early life	Case studies and exercises formative test	<b>30 min</b>

- **Session 4 Children and teenagers emotion / conflict management**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the signs of behaviors triggered by negative emotions for children and teenagers*
2. *Identify the role of parents and educators behaviors in producing / neutralizing the negative emotions effects on children and teenagers*
3. *Identify at least 3 strategies of managing different emotions for themselves and their children*

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Signs of negative emotions	Presentation, case studies video	<b>30 min</b>
The role of parents/educators in producing/neutralizing negative emotions	Case studies and exercises	<b>45 min</b>
Strategies for emotional management for children and teenagers	Selection of messages and formative test	<b>25 min</b>

- **Session 5 Emotional intelligence for children (from babies to teenagers)**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the principles of an education based on emotional intelligence*
2. *Identify strategies to help children/ teenagers to become aware of their emotions*
3. *Identify strategies to help children/ teenagers develop and manifest empathy*
4. *Identify strategies to help children/ teenagers to find balance and face emotional and behavioral impulses*
5. *Identify strategies to help children/ teenagers to build positive aims and plans*
6. *Identify strategies to help children/ teenagers to choose an appropriate social behavior in different relationship*

<b>Training activities</b>	<b>Methods</b>	<b>Time 90 min</b>
Principles of emotional intelligence	Presentation and exercises	<b>15 min</b>
Emotion awareness	Case studies	<b>15 min</b>
Developing empathy	Case studies	<b>15 min</b>
Find balance and face emotional and behavioral impulses	Case studies	<b>15 min</b>
How to built positive aims and plans	Case studies	<b>15 min</b>
Appropriate social behavior for establish relationship	Case studies and formative test	<b>15 min</b>

## 9. Parents and educators strategies to manage the influence of media /internet in children education (Sessions 1-4)

- **Session 1+2 The impact of media on children development**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the influence mass media has on children and teenager education and development*
2. *Identify the benefits of using internet in children and teenager education*
3. *Identify the disadvantages and risks of using internet by children and teenagers*
4. *Identify the rights and obligations for children and teenagers in using internet*

<b>Training activities</b>	<b>Methods</b>	<b>Time 180 min</b>
Mass media influence on children and teenagers behavior	Presentation video case studies	<b>50 min</b>
Benefits of internet on children and teenager education	Presentation exercises	<b>50 min</b>
Risks and disadvantages of using internet by children and teenager	Presentation, case studies, video, exercises	<b>45 min</b>
Rights and obligations of children and teenagers in using internet	Case studies, exercises formative test	<b>35 min</b>

- **Session 3+4 Children protection from internet pornography and abuse**

**Objectives:** at the end of the session, participant will be able to:

1. *Identify the risk of exposure to pornography and abuse of children and teenager through internet*
2. *Identify the principles and methods of protecting children and teenagers for a safe internet navigation including social media and online play*
3. *Explain the measures parents and educators should take to prevent pornography and abuse exposure*
4. *Select the messages parents and educators should provide to children /teenagers for a safer internet navigation*

<b>Training activities</b>	<b>Methods</b>	<b>Time 180 min</b>
Risk of exposure to pornography and abuse through internet	<b>Presentation video case studies</b>	<b>45 min</b>
Principles and methods for children protection	<b>Presentation case studies exercises</b>	<b>45 min</b>
Measures to diminish/eliminate the risk of exposure	<b>Presentation, case studies, exercises</b>	<b>45 min</b>
Messages from parents and educators for a safer internet navigation	<b>Case studies, exercises, formative test</b>	<b>45 min</b>



## **Parent-Child communication on life subjects as sexual education and prenatal education**

### **5 days Direct Workshop for parents and professionals**

#### **Day 1**

9.30-10.15 Introductory session presentations expectations objectives group rules

10.15-11.00 Overall presentation of PEACE SITE project and of Comparative study Report

11.00-11.30 coffee break

11.30-12.15 Parent-child communication main challenges on different age stages brainstorming; Parents and children communication needs in different countries small group work

12.15-13.00 Video presentation of a parent-child communication situation – feedback and discussion; conclusions about “don’t” and “do”- good practices

13.00-14.00 Lunch break

14.00 -14.15 Icebreaker

14.15-15.30 Sexual development of children and teenagers and messages related to child sexuality at different age stages; WHO Sexuality in Europe presentation; messages for children and teenagers small group work

15.30-16.00 Tea break

16.00-17.15 The parental role in Prevention of sexual abuse small video case studies and brainstorming

17.15-17.30 Day evaluation – plenary

#### **Day 2**

9.30-9.45 Previous day evaluation- plenary

9.45-11.00 PEACE SITE Platform presentation and group discussions

11.00-11.30 Coffee break

11.30-13.00 The role of parents in forming children self esteem – short video, presentation, case studies, small group work

13.00-14.00 Lunch break

14.00 -15.30 Self-esteem and developing of life competencies – brainstorming, small presentation, case studies, plenary

15.30-16.00 tea break

16.00-17.15 Emotional development of children and teenagers and emotional intelligence presentation, role play, plenary

17.15-17.30 Day evaluation – little game

### Day 3

9.30-9.45 Previous day evaluation- plenary

9.45-11.00 Children Rights presentation, case studies, plenary

11.00-11.30 Coffee break

11.30-13.00 Children participation; ladder of participation presentation, case studies, small group work, plenary

13.00-14.00 Lunch

14.00-15.30 PEACE SITE white board doodle application; Myths and prejudices concerning relationship small video, case studies, plenary

15.30-16.00 tea break

16.00-17.15 Parent awareness in forming children values, small video brainstorming, presentation, plenary

17.15-17.30 day evaluation- plenary

### Day 4

9.30-9.45 Previous day evaluation- plenary

9.45-11.00 Prevention of unwanted pregnancy and sexual transmitted infections – the outcome of a high risk sexual behavior presentation, small video, case studies, plenary

11.00-11.30 coffee break

11.30-13.00 Risk assessment concerning STI's & too early pregnancy for teenagers presentation, small group work, plenary

13.00-14.00 lunch break

14.00-14.30 Mobile phone application presentation,

14.30 - 15.30 The impact of unwanted pregnancies on human life /teenagers life small video, case studies, brainstorming, plenary

15.30-16.00 tea break

16.00- 17.15 Prenatal education key messages adapted to children and teenagers understanding presentation, small group work, plenary

17.15-17.30 Day evaluation

Day 5

9.30-9.45 Previous day evaluation- plenary

9.45-11.00 Parents and educators strategies to manage the influence of media /internet in children education small video, brainstorming, presentation, plenary

11.00-11.30 coffee break

11.30-13.00 Parental strategies to convey message to children and teenagers role play small group work, plenary discussion

13.00-14.00 Lunch

14.00-15.30 Good practices communication essentials adapted to different children ages and different cultural backgrounds presentation small group work and plenary

15.30 -16.30 Final evaluation of the workshop (final evaluation forms, plenary discussions about expectations, objectives, results, future plans



