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

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

Objectives: *At the end of the workshop, participants will be able to:*

1. Identify the main efficient communication strategies for children and teenagers
2. Structure the main messages for children and teenagers sexuality development
3. Explain the role of parents /educators to prevent sexual abuse on children
4. Explain the conditions for forming a solid self-esteem to children /teenagers
5. Explain the role of parents in developing children emotional intelligence
6. Explain the importance of respecting children rights in general and participation right in special
7. Identify the main strategies to prevent children STIs and too early pregnancies occurrence
8. Explain the importance of prenatal education and the ways to convey information to children and teenagers
9. Explain the parents and educators strategies to manage the influence of media /internet in children education

**Direct Workshop structure: 5 days, 20 sessions, Time: 30 hours**

<b>Day</b>	<b>Session</b>	<b>Training content</b>	<b>Methods /Activities</b>	<b>Time</b>
<b>1</b>	<b>1</b>	<b>Introduction+ PEACE SITE project presentation</b>	Presentations, small group work, plenary discussions	<b>90 min</b>
	<b>2</b>	<b>Parent-child communication needs and challenges</b>	Brainstorming, Small group work, video, plenary	<b>90 min</b>
	<b>3</b>	<b>Sexual development of children and teenagers</b>	Presentation, small group work, plenary	<b>90 min</b>
	<b>4</b>	<b>Prevention of sexual abuse</b>	Case studies, brainstorming, plenary	<b>90 min</b>
<b>2</b>	<b>1</b>	<b>PEACE SITE project presentation</b>	Internet presentation, plenary	<b>90 min</b>
	<b>2</b>	<b>The role of parents in forming children self esteem</b>	video, presentation, case studies, small group work	<b>90 min</b>
	<b>3</b>	<b>Self esteem and life skills</b>	brainstoming, presentation, case studies, plenary	<b>90 min</b>
	<b>4</b>	<b>Children Emotional development and emotional intelgence (E.Q)</b>	presentation, role play, plenary	<b>90 min</b>
<b>3</b>	<b>1</b>	<b>Children rights</b>	presentation, case studies, plenary	<b>90 min</b>
	<b>2</b>	<b>Ladder of participation</b>	presentation, case studies, small group work, plenary	<b>90 min</b>
	<b>3</b>	<b>White board doodle application; myths and prejudices</b>	Internet presentation, case studies, plenary	<b>90 min</b>
	<b>4</b>	<b>Parent awareness in forming children values</b>	video presentation, brainstorming, plenary	<b>90 min</b>
<b>4</b>	<b>1</b>	<b>Prevention of STI &amp; unwanted pregnancies</b>	Video, case studies, plenary	<b>90 min</b>
	<b>2</b>	<b>Risk assessment for STI and unwanted pregnancies</b>	presentation, small group work, plenary	<b>90 min</b>
	<b>3</b>	<b>The impact of unwanted pregnancies</b>	video, case studies, brainstorming, plenary	<b>90 min</b>
	<b>4</b>	<b>Prenatal education key messages</b>	Presentation, small group work, plenary	<b>90 min</b>
<b>5</b>	<b>1</b>	<b>Management of media /internet influence to protect children</b>	video, brainstorming, presentation, plenary	<b>90 min</b>
	<b>2</b>	<b>Parental strategies to convey messages</b>	Role play, small group work, plenary discussion	<b>90 min</b>
	<b>3</b>	<b>Essentials of Communication Good practices</b>	presentation small group work and plenary	<b>90 min</b>
	<b>4</b>	<b>Final evaluation and closing workshop</b>	final evaluation forms, plenary discussions	<b>90 min</b>
<b>5 days</b>	<b>20 sessions</b>			<b>1800 min (30 h)</b>

## **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; presentation, small group work, plenary

15.30-16.00 Tea break

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

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, plenary

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 messages to children and teenagers; role play small group work, plenary discussion

13.00-14.00 Lunch

14.00-15.30 Essentials of Communication Good practices 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