



Hart and Rushmoor Family Support Service

Are you a parent/carer of a child aged 11 years or over who finds it embarrassing or awkward to discuss sex and relationship with your child.

Speakeasy could be the support you need!

This is an 8 week **free course** which supports parents and carers to provide positive sex and relationships education in the home and to take on the role of 'sex and relationships educator' to your children

You will gain an understanding of the physical and emotional changes taking place at puberty.

Increase your knowledge of the different kinds of contraception that are available and

Increase your confidence and skills in identifying and responding to the needs of your own children

If you are interested in attending this course, please speak to any professional linked to your family such as a health visitor, midwife, teacher, social worker etc. who can nominate you to the programme

The team at the Family Support Service look forward to meeting you.