



talking sense about sex

# Speakeasy

helping you  
talk to your children  
about sex, relationships  
and growing up



**Speakeasy**  
is an FPA course  
for mums, dads and  
carers of children  
of all ages

# Speakeasy

- Do you feel comfortable and relaxed talking to your children about growing up?
- Want to be more prepared for the kind of questions your children may ask?
- Are you sure of all your facts?
- Could you use some support?

**Speakeasy** is a fun and relaxed course that will help you build on what you already know about sex and relationships. It offers you the opportunity to learn together using your own experiences. Courses are delivered by skilled FPA trainers in small and friendly groups.

- Everyone is welcome to join in – mum, dad or anyone who's caring for a child.
- Everyone gets involved – talking, listening and sharing ideas and information.
- The sessions are fun and varied to give you the opportunity to learn in many different ways.
- Groups usually meet once a week, for eight weeks.
- Courses can be adapted to suit the needs of different groups – including those whose first language is not English.

*"The course has given me the confidence to talk to my son about issues such as STIs. With the information provided by the course I feel able to answer any questions that will inevitably crop up."*

**Dad of 12-year-old boy**



## Why is it important to talk to children about sex and relationships?

Lots of people think that sex and relationships education encourages young people to experiment with sex but research has shown it has quite the opposite effect. Good sex and relationships education can:

- raise the age young people first try out sexual activity
- cut the rate of teenage pregnancies and abortion, and
- lower the rate of sexually transmitted infections.

## But I find it so embarrassing and never know what to say

Many parents feel embarrassed or are not sure what to say. But most young people want to hear the facts from their parents.

Children want to be able to talk about body changes, feelings and boyfriends/girlfriends, and you can help them.



## How can Speakeasy help?

**Speakeasy** will help you feel more confident talking to your children about sex, relationships and growing up, using words they understand and you are comfortable using.

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**Speakeasy** will encourage you to understand the way children pick up all sorts of messages about sex from the media, their friends and the world around them.

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**Speakeasy** will help you brush up on what you already know about body changes that children go through.

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**Speakeasy** will give you information about the different methods of contraception available.

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**Speakeasy** will explain what children are being taught in school about sex and relationships.

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**Speakeasy** will help you support your children and keep them safe.

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## Taking your learning further

The **Speakeasy** course is accredited with the Open College Network. This means you can gain an award which could help you go on into further training or employment.

There's no exam and all the work you do on your **Speakeasy** course will count towards your award.

**You're welcome on the Speakeasy course whether you go for accreditation, or not.**

## How do I find out more?

Contact FPA:

- If you are a mum, dad or carer and want to go on a **Speakeasy** course in your area.
- If there isn't a course in your area but you want to find out how to set one up.
- If you are interested in taking our training that will enable you to deliver the **Speakeasy** course.

Tel: 020 7608 5243  
[www.fpa.org.uk](http://www.fpa.org.uk)

*"It was good to get the award. It made me feel I'd done well. Since doing the **Speakeasy** course I've gone on to take the facilitator training at Level 3 and am now involved in delivering **Speakeasy** to others."*

**Mum of two teenage children**

# How FPA can help you

**Sexual Health Direct is an enquiry service run by FPA. It provides:**

- confidential information and advice on contraception, sexually transmitted infections, planning a pregnancy, pregnancy choices and sexual wellbeing
- details of family planning clinics, sexual health clinics and other sexual health services
- a wide range of leaflets on individual methods of contraception, common sexually transmitted infections, abortion and planning a pregnancy.

## **FPA enquiry service**

**0845 122 8690**, 9am to 6pm Monday to Friday.

Ask **WES** online at **[www.fpa.org.uk](http://www.fpa.org.uk)**.

Text **FPA** to **81066**. Texts charged at standard message rate.

**[www.fpa.org.uk](http://www.fpa.org.uk)**

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