
News Release

FOR IMMEDIATE RELEASE

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New, updated website supports parents in starting open conversations with their kids about sexuality

Lets-talk.how offers practical strategies to discuss sex and relationships with youth

Dec. 4, 2017, Redwood City, Calif.— Health Connected, a leading sexual health education provider in the Bay Area and California, just announced the relaunch of their newest online project just for parents and guardians: lets-talk.how. LetsTalk.how is an online resource designed to encourage open and honest conversations within families about sexuality that help young people confidently navigate adolescence and cultivate positive social and sexual relationships throughout their lives.

Lets-talk.how offers parents and guardians strategies to discuss sexual health topics with their kids in nurturing and age-appropriate ways that foster continued conversation. Visitors will find tips to leverage everyday conversations – about music, movies, and friends – and use them as segues into meatier topics like sexual assault, contraceptives and boundary-setting. The site also displays some of the thousands of anonymous questions Health Connected educators receive from students in the classroom and offers site visitors a deeper understanding of Health Connected's philosophies around sex education.

Abi Karlin-Resnick, Executive Director of Health Connected, underscores the important role parents play in kids' sexual development. "Today kids can easily turn to the internet to get information about sex and relationships. But the truth is, young people want to get this guidance from their parents more than any other source. We know that sometimes parents need help in finding the right words to communicate with their kids in this area. We hope lets-



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talk.how helps families communicate more openly about sexuality, which will in turn help young people feel more accepted, nurtured and supported as they move through adolescence."

Lets-talk.how – which was first unveiled in early 2015 – is being relaunched now to address growing interest in the landscape of sexual health education in California and to continue in Health Connected's commitment to supporting parents and guardians as they strive to provide their kids with all they need to mature into confident, ethical and caring adults.

Visit us at lets-talk.how and Health Connected's home website, health-connected.org, to learn more about our programs for parents, youth, medical providers and educators.

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About Health Connected

Health Connected provides comprehensive sexual health education, training and support to more than 10,000 adolescents, families, teachers and medical professionals annually. Our mission is to help young people feel confident and supported to make informed decisions about their own sexual health. We do this by providing comprehensive sexual health education through three innovative programs: Youth Services (puberty and sexuality education in schools), Parent Services (parent/child communication about sexual health), and Provider Services (training and technical assistance for education and medical professionals). Health Connected's superior [proprietary sexual health curriculum](#) series is designed for 5th-12th graders and is aligned with [California's leading-edge legislation](#) that guides sexual health education in public schools.