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FOR IMMEDIATE RELEASE

## **Bridging the Gap Dinner: Get Help Talking To Your Kids about Sex**

**BURLEY, ID** – South Central Public Health District (SCPHD), with the Idaho Adolescent Pregnancy Prevention Program, is offering a FREE dinner for parents who want to learn how to talk to their kids about safe sex.

“Talking about sex is uncomfortable and scary, but it’s important that kind of information comes from parents first,” said Adria Masoner, SCPHD Health Education Specialist. “Even if your kids are waiting until marriage, they will have questions. If they don’t get facts from you, they may turn to friends or the internet to try to understand sex on their own.”

In Idaho, 37 percent of high school teenagers say they have already experimented with sex. Of those, only about half said they used a condom to protect against unintended pregnancy or sexually transmitted diseases. Meanwhile, Idaho has reported an increase in sexually transmitted diseases across the state.

“There is so much bad information online that teens can easily access. It is important parents have the tools they need to intervene and separate the truth from any harmful myths their teens may have heard or read about sex,” said Masoner.

The goal of *Bridging the Gap* is to arm parents with the right tools and methods to talk to their kids about sex. The take-home message is that communication is the key, and it’s up to parents to start the dialogue. *Bridging the Gap* involves local teens who want to make a difference by addressing the most pressing and least addressed safety topic for youth in the community: early and unprotected sex.

Parents of middle school and high school youth and others in the community are invited to attend this **free** dinner and discussion. With the guidance of trained facilitators, local youth will present a slideshow, video excerpts and role-plays that model honest dialogue between teens and parents. Each of these activities helps prepare parents to start or continue meaningful communication with their own teens about sex.

The *Bridging the Gap* dinner and discussion is on March 12 at 6:30 p.m. in Doc’s Pizza, 514 6<sup>th</sup> Street, in Rupert. **If you would like to attend, please RSVP by Friday, March 8. Space is limited.**

To reserve your seat or for more information please call Adria Masoner at 208-678-8221.