

**Kyrene Parent Network**  
**February 20, 2007 Meeting Highlights**  
**Sex Ed at Home and School**

Kyrene Parent Network took on the topic of Sex Education, at home and the school for our February meeting.

We were pleased to have Ray Miranda, a parent educator, as our guest, and he gave parents great tips on how to talk to kids about puberty, risky behavior and sex.

He made it sound fairly easy and encouraged all parents to take this very important step with their children. He stressed the importance of beginning these open discussions before the age of 12, when peer pressure begins to appear. Some of his helpful advice included talking frequently to our children about our values and risks, being informed as parents regarding information and what's happening in our child's world, and encouraged parents to boost the self-confidence of their children at every opportunity.

Some books that came highly recommended were "The Big Talk Book" by Bruce Cook and "Questions Kids Ask About Sex: Honest Answers for Every Age" by Melissa R. Cox.

Since time was running short, there were only brief overviews of the 3<sup>rd</sup> – 8<sup>th</sup> grade Growth and Sex Education lessons and resources.

If anyone has questions on these, please feel free to contact either Mckell Keeney ([organization@kyreneparent.org](mailto:organization@kyreneparent.org)) or Sandy Lowe ([president@kyreneparent.org](mailto:president@kyreneparent.org)) for details. Both are currently serving on the Kyrene Health Committee.