



Press Release

For immediate release

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October is "Let's Talk Month"

Parents and teens across the Quad-Cities engage in honest conversations about teen pregnancy prevention

Moline, Illinois – October in the Quad-Cities, is a time of changing leaves, cooler temperatures, and Homecoming football games. It's also a time for families to talk about sex. October is "Let's Talk Month," a time to emphasize the importance of communication between adults and their children to help young people develop positive, healthy attitudes and behaviors about sexuality. This month, families across the Quad-Cities will engage in honest conversations about the facts, feelings, and questions they have related to healthy relationships and responsible sexual decision making. Quad-Cities' families are not alone in recognizing "Let's Talk Month". Nationally, October is recognized by organizations such as Advocates for Youth and The National Campaign to Prevent Teen and Unplanned Pregnancy. *EyesOpenIowa*: Your Connection to Adolescent Sexual Health (Iowa) and the Illinois Caucus for Health, as well as other organizations, will encourage teens and parents to talk about healthy sexuality.

Research shows that young people who feel connected to their family and clearly understand their family's values concerning sexuality and relationships are more likely to avoid risk-taking behaviors. According to the National Campaign to Prevent Teen and Unplanned Pregnancy, parents can play a critical role in their children's' decisions about sex. In fact, teens report that their parents influence their decisions related to sex more than their friends, the media, or their siblings. Moreover, a majority of teens agree that it would be easier for them to postpone sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations about these topics with their parents. Parents, teens, faith communities, schools, health providers and others interested in learning how to start these honest conversations can reach out to their local adolescent pregnancy prevention coalition, funded by the Iowa Department of Human Services Community Adolescent Pregnancy Prevention Grant Program and the Illinois Department of Human Services. In Rock Island (Illinois) and Scott (Iowa) counties, the staff at Bethany for Children & Families will promote "Let's Talk Month" via Bethany for Children & Families' web page, press releases, and informational clips to be sent to all area intermediate schools, junior high schools, and senior high schools for use on their web pages or newsletters.. Remember, families having regular, honest conversations about healthy relationships and sexual decision making are instrumental in helping prevent teen pregnancy in the Quad-Cities.

Bethany for Children & Families is a community service organization that has provided voluntary, not-for-profit services to children and families in western Illinois and eastern Iowa since 1899.

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