



THE WHOLE SEX TALK FACILITATOR'S GUIDE

What's in the Box?

- Three DVD's, each with two sessions.
- Six Study Guides. These can be used by individuals or shared between couples. Additional study guides can be purchased at thewholesextalk.com.

What's Not in the Box?

- Streaming Access: With each DVD set purchased a streaming option is included. This can be accessed anywhere there is internet service by logging into TheWholeSexTalk website. New users will receive a temporary password via email and will need to create their own password within seven days to maintain access to the videos.
- Resource Page: The resource page is available and free to everyone who knows how to access it. It is not in a drop down box on the website and is only revealed by typing in: <https://www.thewholesextalk.com/additional-resources>. In this way all participants in a group setting have access to the resources without having to purchase the DVD or streaming. Facilitators can refer participants to this page for homework, further study, or for answers to difficult questions.

Making the most of *The Whole Sex Talk*

Use these resources however you see fit. Whether used individually, as a couple, in a small group, or with your kids, these were designed to be approximately 30-minute digestible videos to enlighten, educate, and train parents to have critical discussions with their children about sex. When incorporating the "Let's Chat" discussion questions into a group setting expect each session to take an hour (or more if you have the time for extended conversations).

But there are no rules here. Enjoy each session at your own pace. Here are some suggested practices to help along the way.

- Room set-up can foster or discourage discussion. The ideal setting would be round tables and chairs. There will be at least one session (session 5) that a white board is helpful. It is also a good idea to have pens and Kleenex on hand.

- If you're facilitating a group, take the time to read the content in the Study Guide for each session. Most of this material is additional food for thought and is not just a summary of the material in the videos.
- A detailed Table of Contents can be found under Facilitator Resources on the resource page. The detailed Table of Contents includes start times for each video, full run times for each video and study guide page numbers.
- Pay close attention to the "Before Starting" suggestions in each session (*before starting*).
- Throughout the guide, there is a screenshot from every video segment highlighting the key points with a brief summary.
- Whenever possible, pause the DVD during the "Let's Chat" screen and use the discussion questions in the Study Guide to help the parent group process what they have just watched.
- Don't leave your group guessing how they can apply what they've learned. Every session includes a "Session Wrap-Up" with step-by-step instructions to develop a conversation with your children.
 - Conversation Starters: Helpful questions to have a *"targeted conversation"* about important issues with your child. Do not feel pressured to have a life changing conversation after each session with your child. Though this may indeed happen it is better to view the "targeted conversations" as a way to create an open environment where your children feel...
 - Action Steps: Things you can *do to demonstrate* the character and behavior you want your child to emulate.

Some of these conversations may seem forced, and most parents find that some of the most meaningful conversation they ever have with their children happen organically. The goal is not to have a "life changing" conversation after each session. Instead, view these "targeted conversations" as a way to create an open environment where your children feel comfortable coming to you with their questions, concerns, and struggles.

- *"My wife and I would come home inspired to talk with our kids each Sunday at dinner when we got home. It was a little awkward at first, but it turned out to be a very good thing that allowed them to see that mom and dad are open to talking to them about anything. I felt like it made our kids feel more at ease knowing that they can come to us if they have questions."* ~ Jon Haisman, The Whole Sex Talk parent participant

- At the end of each session in the Study Guide, there is additional space for notes if participants have any thoughts they want to capture or share during the series.
- In the back of the Study Guide, you'll find each of the sources cited in either the Study Guide or in the videos.