

During Fiscal Year 2011, ESCAPE Family Resource Center served more than 5,900 parents and children.

How can you help?

You can volunteer. Assistants are needed to help our educators deliver classes to adults and children, to translate and edit curricula and other tasks.

You can make a donation. ESCAPE is supported entirely through donations from individuals, businesses, churches, foundations, and Exchange Clubs.

You can run with us! As an official charity of the Chevron Houston Marathon, we are always looking for runners or walkers to represent ESCAPE or be a HERO.

You can cheer for us! Join ESCAPE's award winning cheer team as we stand along the marathon route and encourage participants to the finish line.

You can lend your talents. Graphic artists, fundraisers, and others are needed for several special projects.

For more information or to make a donation, please call us at 713.942.9500 ext. 14, or visit us online.

www.LearnToParent.org



Founded in 1983 by Houston area chapters of the National Exchange Club, ESCAPE is a 501 (c) 3 nonprofit privately supported organization dedicated to preventing child abuse and neglect in the Greater Houston area.

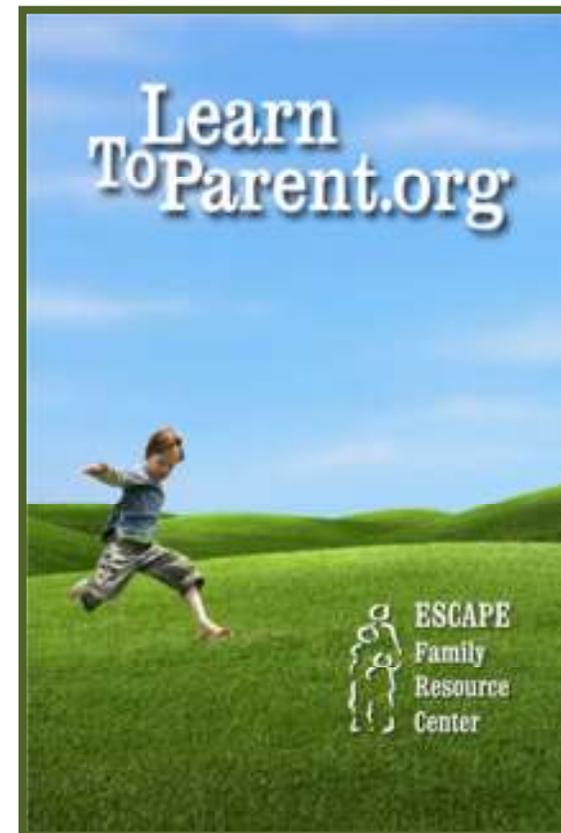
ESCAPE provides families with the vital skills to help their children flourish emotionally and physically.

Classes are held in various locations and are conducted in English, Spanish and Chinese.

ESCAPE Family Resource Center

**1721 Pech Rd. Suite 300
Houston, TX 77055
Phone: 713-942-9500
Fax: 713-942-0702**

www.LearnToParent.org



**HOW TO
SPEAK TO YOUR
CHILDREN
REGARDING
SEXUALITY**

PROGRAM DESCRIPTION

How to Speak to your Children about Sexuality equips parents and children with essential skills and information to combat child sexual abuse and teen pregnancies and promotes the overall health and well-being of individuals and families.

ESCAPE promotes the enhancement of communication and skills between parents and children. Parents are the first educators of their children. Sexuality begins at birth, and continues throughout the life-span until the end of life.

Children as early as 3 years old can begin learning about their bodies, staying healthy, and protecting themselves against abuse.

PARENT FOCUSED CLASSES

- Defining sexuality and cross generational taboos
- Sexual development of children 0-18
- Puberty development and changes
- Media, peer pressure, and myths
- Sexual abuse statistics and information
- Sexually transmitted infections (STIs)
- Risk factors and consequences
- Protective factors and safety planning
- Communication with children at different ages
- Detecting and responding to abuse

PRE-TEEN/ADOLESCENT CLASSES:

How to Speak to Your Parents About Sexuality

- Understanding your body and reproductive organs
- Puberty and developmental changes
- Healthy relationships and peer pressure
- Risk factors: consequences, sexually transmitted infections (STIs), and statistics
- Protective factors: knowing how to stay safe, safety planning at home, online, dating, peers, and in the community
- Communicating with my parents
- My dreams and goals are achievable!

ELEMENTARY/PRE-SCHOOL CLASSES:

Safe and Healthy Choices for Kids

- Understanding my body parts
- Keeping my body healthy: self-care and nutrition
- My body belongs to me: promoting positive self-image and protective factors
- Boundaries and making good choices
- Safety planning
- Communicating with my parents
- My dreams and goals



Programs are offered in *English, Spanish* and *Chinese*.

Childcare for infants and toddlers is available in most programs.

Programs are offered at our main campus as well as various locations and schools throughout the greater Houston area.

To learn about the next available program in your area, please contact us at

713-942-9500

or visit our website at

www.LearnToParent.org

ESCAPE Family Resource Center is a 501(c)3 nonprofit organization who is dedicated to teaching parents how to honor and cherish their children.

ESCAPE was founded in 1983 by the Houston area chapters of the National Exchange Club, whose national mission is child abuse prevention.

Child Abuse is 100% preventable!