

# SPEAKEASY

## Online Discussion Classes

### 2022



## What is Speakeasy?

Speakeasy is a community education project, funded by the Public Health Agency (PHA) that aims to encourage and support parents/carers to talk openly and confidently with their young people about **growing-up, puberty, sexuality and relationships**.

Relationships and Sexuality Education (RSE) is a curriculum-based subject, but with the pressures that come with online material young people are looking to their parents/carers for clarity and reassurance.

Regrettably, many parents and carers themselves, rarely received any formal RSE and find it difficult to discuss.

**Speakeasy's online discussion classes** aim to open up conversations about emerging issues that many adults and young people alike are bringing to the forefront of our current social environment.

***“73% of young people said they only received RSE once, twice or rarely”***

(Belfast Youth Forum, 2019 research: *Any Use?*)

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***Imagine your child saying “I only learnt maths class, once, twice or rarely”***

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## Topic 1: Beyond Periods

This discussion class will help any parent/carer that wishes to confidently teach and empower their daughters and young people around the **menstrual cycle**. Young people will learn about periods within school but it is equally important that girls, women, men and all genders have a comprehensive understanding of the entire menstrual cycle, e.g., *Last Menstrual Period and its importance in making informed decisions around pregnancy*.

## Topic 2: Distance v Closeness

With the onset of Covid-19, we have all adapted to new terms and new ways of living – e.g., *social distancing*.

Social distancing was a ‘tough ask’ for everyone, but especially for our children and young people. This discussion session explores everyday ‘distancing concepts’ that we already integrate in our daily living and daily relationships. Understanding important distance concepts will help young people identify and develop safer, healthy and rewarding relationships.

## Topic 3: Self-Generated Images

This is an important discussion to help raise awareness about the increasing concerns associated with self-generated images amongst primary-aged children. This discussion will clarify:

- What is meant by a self-generated image?
- What are the risks?
- What can parents/carers do to prevent harm?

### Contact Us




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for upcoming dates and registration for our online discussion classes.