

PLANNED PARENTHOOD GULF COAST PRESENTS

# STARTING EARLY

a sex education  
program for families



**At Planned Parenthood Gulf Coast, we believe that informed kids grow up into empowered adults. Communicating openly within a family creates a healthy environment that nurtures trust.**

Starting Early is a 7-hour program for children 4 - 7 years old and their parents. The first hour of the program is designed for parents and caregivers only. During this Parent Orientation, we review the curriculum and discuss the learning styles of your child, as well as review the resources and materials that come with the program. The remaining six hours of the program are for both children and parents to participate together. Lessons last up to one hour and are engaging and interactive.

## **Starting Early is age-appropriate and covers the following topics:**

- Healthy and Safe Bodies
- Families and Emotions
- Babies and Birth
- Community & Cultural Celebrations

Starting Early is available in person and virtual settings, as well as in Spanish. Email [htxeducation@ppgulfcoast.org](mailto:htxeducation@ppgulfcoast.org) for more information or to schedule this program.



[www.ppgulfcoast.org](http://www.ppgulfcoast.org)

