

Advocate for Effective Sex Education

Strong, Effective Messages

As a parent or caregiver, you have a role in ensuring your young person and their peers get the information they need. Sure, it can be a hassle – or scary – to speak up and attend PTA or school board meetings, but it’s important. Here are some resources to boost your confidence and effectiveness.

Here are a few examples of what you could say to school, district, or state leaders:

- I want my kids to learn what they need to grow up safe, healthy, and confident.
 - Age-appropriate sex education prepares young people for today’s world and sets them up for success in all their relationships.
 - Young people should get age-appropriate, medically accurate information and answers to their questions about sex and relationships without being shamed or judged.
 - Young people have the right to receive the information and skills they need to protect their health.
- Sex education reinforces the role of parents or trusted adults in decision-making about sex and relationships, and helps parents communicate with their children on these topics.
 - Sex education helps protect young people from misinformation they get online and from peers.
 - Sex education that teaches about relationships, diversity, and self-esteem helps young people grow up to be respectful, confident, and conscientious adults.
 - Young people deserve the information and skills they need to make healthy decisions about sex and relationships, now and in the future.

Remember! Adding a personal story of why sex education is important to you helps stakeholders understand the value of your stance and connect the messages to real-life scenarios.

For more information, visit:
planned.org/advocateforsexed