



# Suggestions for Parent Communication

For the purposes of this handout, we use the word “parent” to be inclusive of all adults who are supporting children and teenagers in online sexuality education spaces. This is a starting point, we encourage you to modify this fit your needs, and the needs of your program, participants, and parents.

## 1. Set expectations

- Hold a parent orientation at the beginning of your course, or at the point when you transition to online learning, with a focus on what they can expect from you, including your promise of confidentiality to the participants. A parent orientation:
  - reduces liability.
  - clarifies the content and encourages buy-in.
  - gives parents a sense of ownership and connection.
  - allows you to set expectations for how parents will interact (or not interact) with the course content and with their child during any synchronous class time.
- Provide your expected response times to emails, phone calls, etc.
  - People are more patient when they know when you will respond.
  - Make sure you can commit to your response time frame.

## 2. Be available

- Hold virtual office hours for parents
  - Set Up a zoom link with a waiting room.
  - Admit parents one at a time.
  - The reality is they probably won’t come, but it’ll mean they can’t complain about you not being available.
- Offer 1:1 phone calls
  - Send out an email at the beginning, midway, and end of your class series inviting parents to schedule phone calls with you to touch base.
- Follow through on your promised response time.
  - While people expect pretty quick response times to their emails, it is also important to model your own boundaries.

## 3. Create a peer group among parents

- Set up a facebook group
  - Consider a professional account (separate from your personal account) as you will need to friend the parents in order to allow them into a private group.
  - Make a game plan for moderation (could be you or a lead parent)
- Offer to host a zoom meet and greet
  - Specify any rules
    - is drinking alcohol okay while on the call?
    - parents only or are youth permitted to attend?
    - etc.