

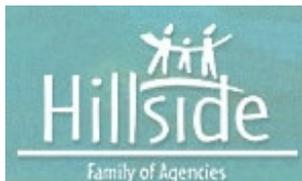


Family Talk Parent Program

Summary Report December 2011

Cumulative Findings
January 2004 - December 2010

**Crestwood
Children's
Foundation**



Sponsored by the Metro Council for Teen Potential (MCTP) and
Family Resource Centers of Crestwood Children's Center

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Introduction

The Metro Council for Teen Potential (MCTP) and Family Resource Centers of Crestwood Children’s Center together sponsor the ongoing workshop series titled Family Talk Parent Program. This program is designed to provide parents with a greater understanding regarding the importance of, and level of comfort in, talking to their children about sexuality, health, choices, and values.

There are five individual workshops in the series that specifically address how to:

- talk to your children about sex and sexuality (Workshop 1);
- determine what sexual information to teach children at different ages (Workshop 2);
- understand male and female reproductive anatomy (Workshop 3);
- share your sexual behavior standards with your children (Workshop 4); and
- talk with your children about the use of alcohol and substance use (Workshop 5).

Methodology

The pre-workshop evaluation consists of a total of 33 questions and the post-workshop evaluation consists of a total of 40 questions. The types of questions include rating scale, open-ended, and classification. Other questions are dichotomous, offering a “yes” or “no” choice. Rating scale questions are based on a 4-point scale ranging from “not important” to “very important,” “never” to “often,” “very uncomfortable” to “very comfortable,” “not useful” to “very useful,” and “very poor” to “very good.”

Participants were asked, in open-ended format, where they would go to find resources to help them talk about sex and substance use, changes they would like to make over the next year in talking with their children about sexuality, health, choices, and values, and what they liked best about the workshop program.

The evaluations were conducted using a self-administered methodology. A total of 327 individuals participated in the Family Talk Parent Program between January 2004 and December 2010 and completed both a pre- and post-workshop series evaluation. A sample of 327 provides a ± 5 percent margin of error in estimated values of the participant population.

The following report summarizes these cumulative evaluation results.

Demographic Profile of Participants

Most (87%) of the individuals participating in the Family Talk Parent Workshop Program between January 2004 and December 2010 identified themselves as a parent. Six percent (6%) of participants said they are a grandparent. Others said they are either an aunt/uncle, case manager, or program director (4%). Several of the participants that fall under the “other” category mentioned that they not responsible for any children and are taking the course for future reference or because it is beneficial to their careers.

Participants, on average, have a total of two children. The median age of the children is six years.

Almost three-quarters (73%) of workshop participants are female, and the median age of participants is 38 years.

Workshop participants reside in various areas within the City of Rochester.

Not surprisingly, there is a correlation between age of participant and age of children. Participants 24 years of age or younger are more likely, than participants 25 years of age or older, to have children five years of age or younger in the household.

In addition, grandparents are more likely, than parents, to be responsible for four or more children under the age of 18 in their households.

Demographic Profile of Participants		
	Count	Percent
Gender		
Male	86	26%
Female	238	73%
No Answer	3	1%
Age		
Less than 25	33	10%
25-34	100	31%
35-44	101	31%
45-54	68	21%
55 or older	22	6%
No Answer	3	1%
Median Age	38	
Relation		
Parent	285	87%
Grandparent	20	6%
Other (Provider, No Children)	13	4%
No Answer	9	3%
Number of Children		
One	116	35%
Two	76	23%
Three	58	18%
Four or More	58	18%
None	19	6%
Median Number of Children	2	
Median Age of Children	6	
Residency Zip Code		
14621	70	21%
14604	34	10%
14619	33	10%
14605	32	10%
14611	27	8%
14609	26	8%
14608	18	6%
14606	14	4%
14613	10	3%
14618	10	3%
Out of Area	13	4%
Other	34	10%
No Answer	6	2%

Summary of Findings

Importance of Talking to Children

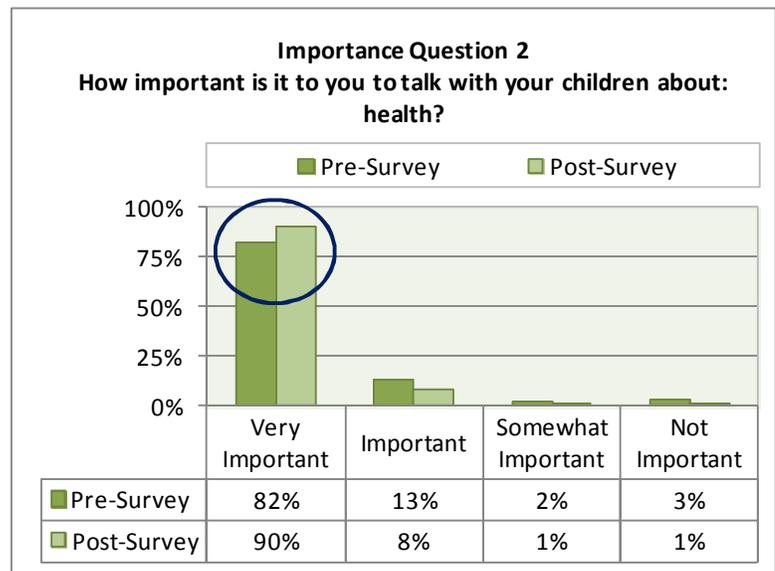
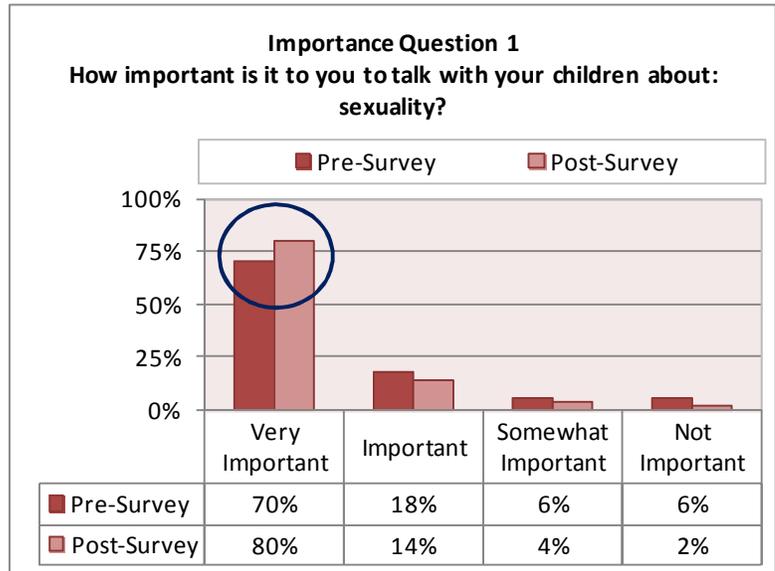
Participants were asked, in both the pre- and post-workshop evaluations, to rate how important they feel it is to talk to their children about sexuality, health, alcohol and substance use, and their personal values.

Eighty percent (80%) of participants in the post-workshop evaluation said they think it is very important to talk to their children about sexuality. This finding represents a statistically significant increase of 10 percentage points from the pre-workshop evaluation results.

Participants with children 12 years of age or younger in the household are more likely to feel it is “very important” to talk to their children about sexuality in the post-workshop evaluation than in the pre-workshop evaluation; a statistically significant increase of 12 percentage points (67% versus 79%, respectively).

Ninety percent (90%) of participants in the post-workshop evaluation said they feel it is “very important” to talk to their children about their health. This rating represents a statistically significant eight percentage point increase from the pre-workshop evaluation results.

Participants with children in the household between 6-12 years of age are more likely to now understand why it is “very important” to talk to their children about their health (79% very important rating in the pre-workshop evaluation versus 91% very important rating in the post-workshop evaluation).



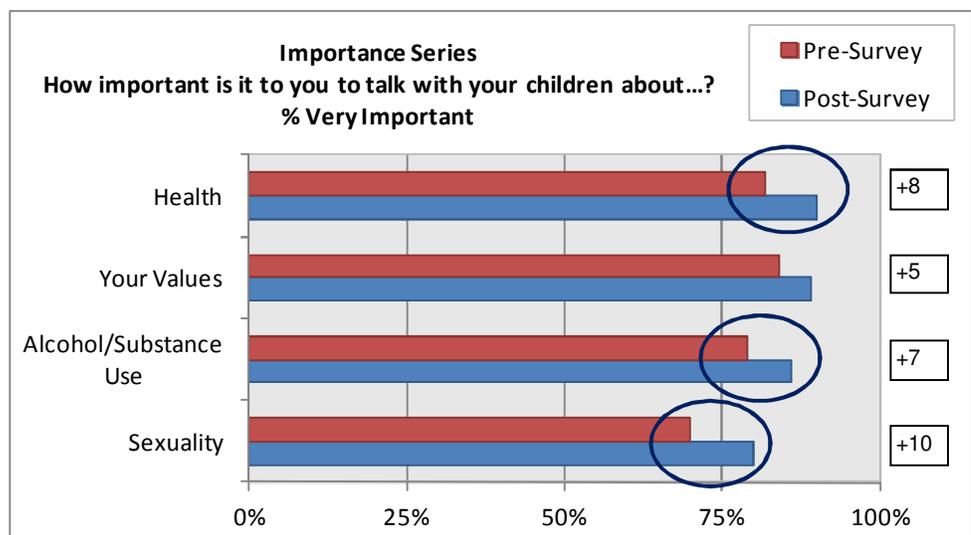
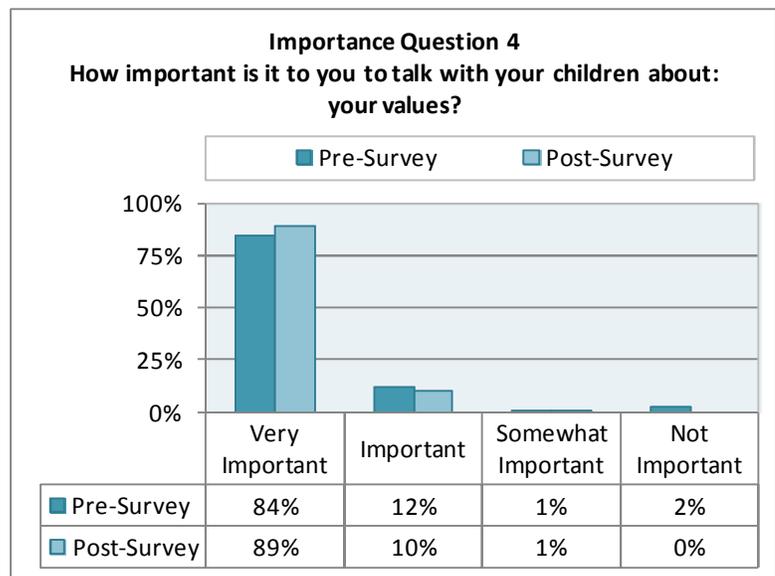
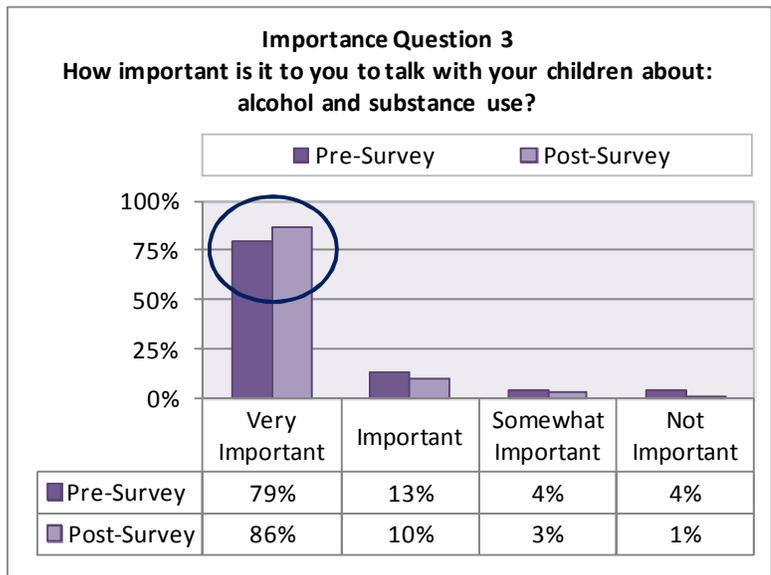
The “very important” rating for talking to children about alcohol and substance use also increased significantly by seven percentage points in the post-workshop evaluation. Eighty-six percent (86%) of participants said they now feel it is very important to talk to their children about alcohol and substance use.

As a result of the program, participants with children 12 years of age or younger in the household now realize the importance of talking to their children at a younger age about alcohol and substance use. In this category, the “very important” rating among participants with children 12 years of age or younger increased significantly, by nine percentage points, between the pre- and post-workshop evaluation results (76% versus 85%, respectively).

Eighty-nine percent (89%) of all participants in the post-workshop evaluation said they feel it is “very important” to talk to their children about values. Although not significant, this rating increased by five percentage points from the pre-workshop findings.

As a result of the Family Talk Parent Program, participants place a greater level of importance on talking with their children about sexuality, health, alcohol and substance use, and values.

The “very important” ratings increased in all four categories with statistically significant increases occurring within health, alcohol/ substance use, and sexuality.



Starting Conversations

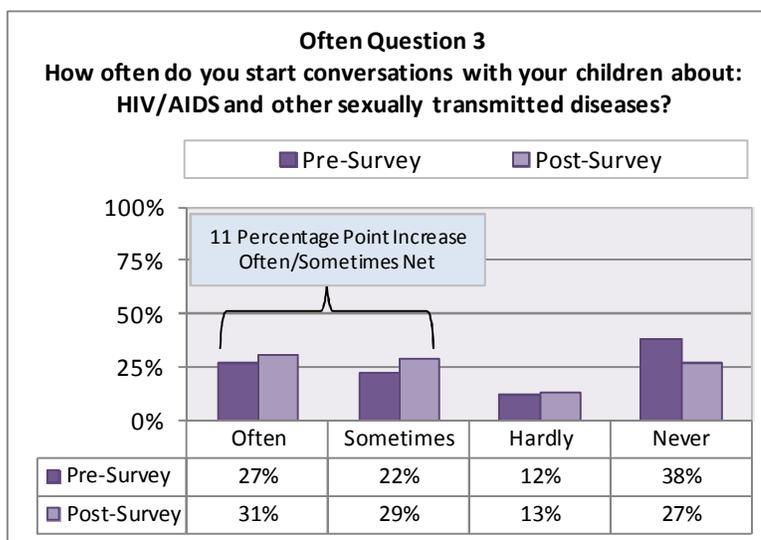
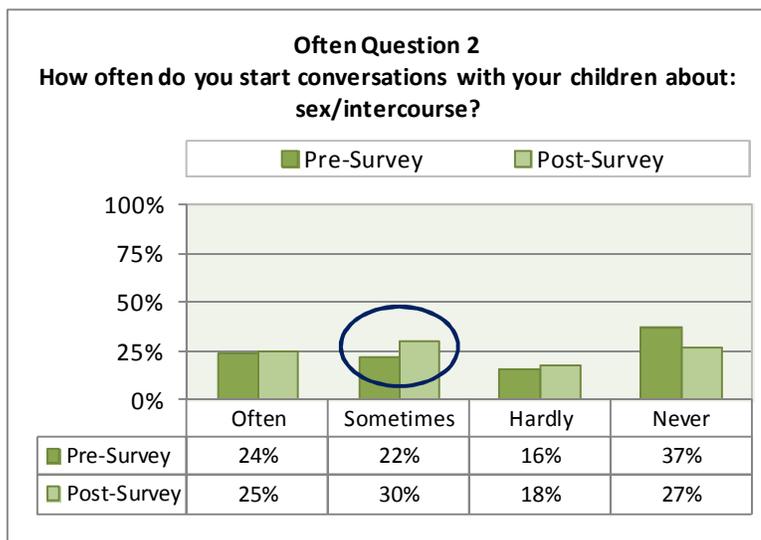
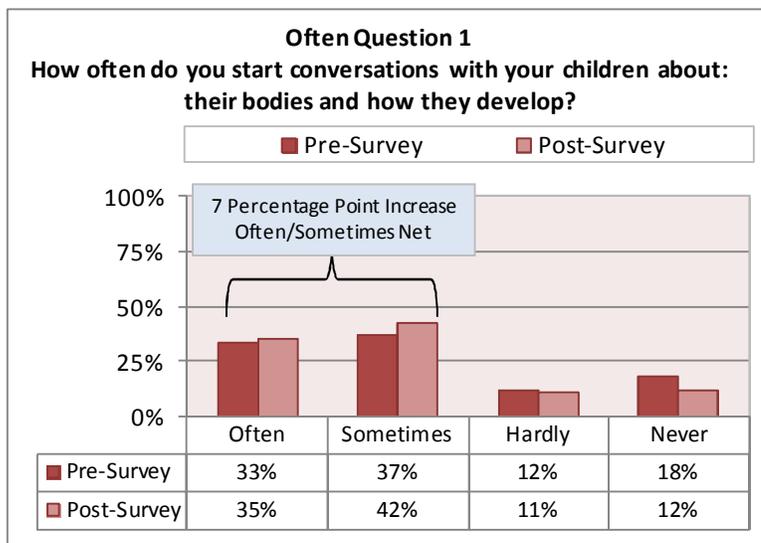
Participants were asked, in both the pre- and post-workshop evaluations, how often they start conversations with their children about sexuality, health, choices, and values.

Seventy-seven percent (77%) of participants in the post-workshop evaluation said they either often (35%) or sometimes (42%) start conversations with their children about their bodies and how they develop. This rating reflects a statistically significant seven percentage point increase from the pre-workshop evaluation findings.

Male participants are more likely to start conversations (often/sometimes net score) with their children about their bodies and how they develop as a result of their participation in the program (47% versus 62%, respectively).

More than half (55%) of the participants from the post-workshop evaluation said they either often (25%) or sometimes (30%) start conversations with their children about sex/intercourse. Participants are now more likely to “sometimes” start conversations with their children about sex/intercourse as a result of their participation in the workshop program (22% versus 30%, respectively).

Participants with children 12 years of age or younger in the household are now more likely to “sometimes” start conversations with their children about sex/intercourse. This “sometimes” rating increased significantly by seven percentage points between the pre- and post-workshop evaluation results (24% versus 31%, respectively). Participants with children 13 years of age or older in the household are now more likely to “often” start conversations about sex/intercourse (18% versus 47%, respectively).



Sixty percent (60%) of participants in the post-workshop evaluation said they either often (31%) or sometimes (29%) start conversations with their children about HIV/AIDS and other sexually transmitted diseases. This rating reflects a statistically significant 11 percentage point increase from the pre-workshop evaluation findings.

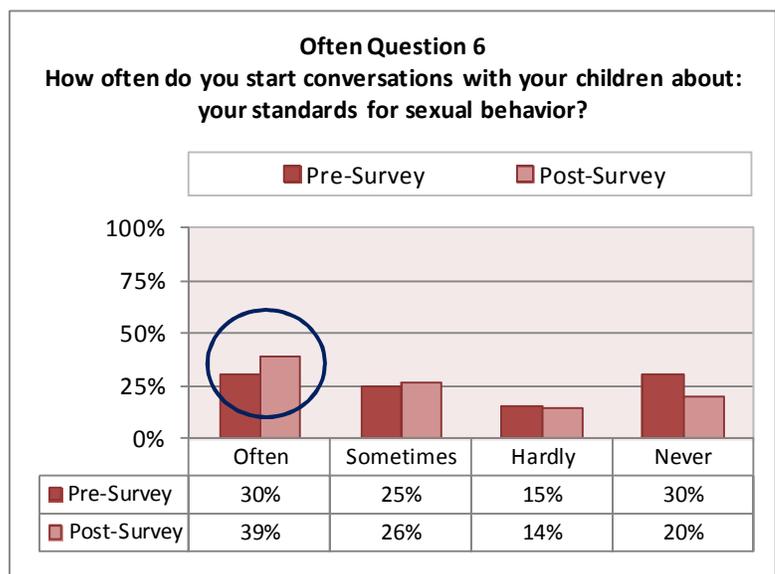
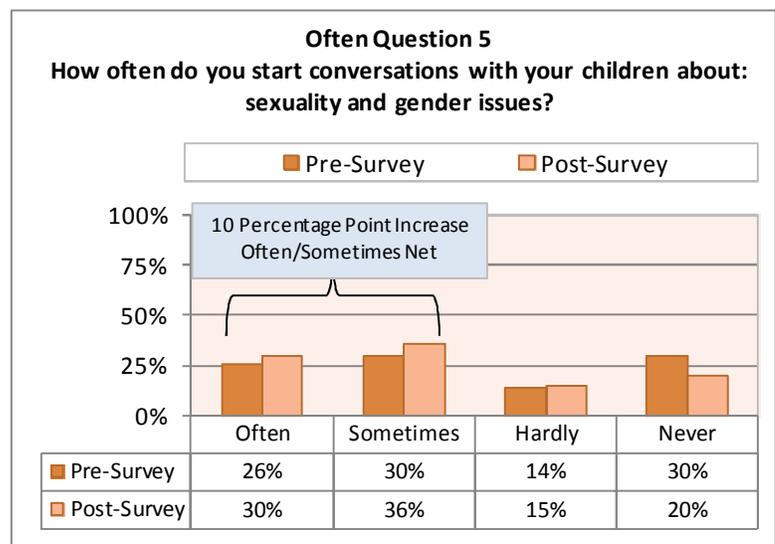
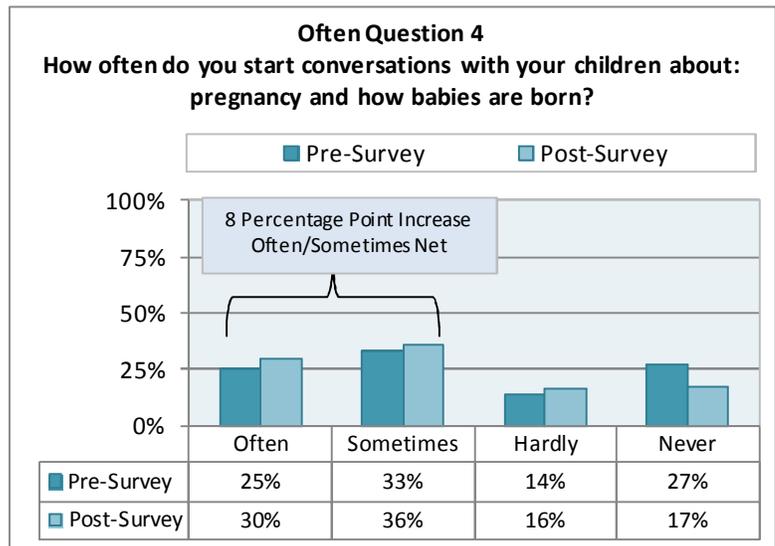
Two-thirds (66%) of all participants said they regularly (often/sometimes net score) start conversations with their children about pregnancy and how babies are born. This finding represents a statistically significant eight percentage point increase from the pre-workshop evaluation findings.

As a result of the program, participants with children in the household between 6-12 years of age are now more likely to start conversations with their children about pregnancy and how babies are born. This often/sometimes net score rating increased significantly by 11 percentage points between the pre- and post-workshop evaluations (63% versus 74%, respectively).

Similarly, 66% of participants said they often (30%) or sometimes (36%) talk with their children about sexuality and gender issues. This finding represents a statistically significant 10 percentage point increase from the pre-workshop evaluation results.

Sixty-five percent (65%) said they often (39%) or sometimes (26%) discuss with their children their standards for sexual behavior; a statistically significant 10 percentage point increase from the pre-workshop evaluation results.

As a result of the program, participants are more likely to “often” start conversations with their children about their standards for sexual behavior (30% versus 39%, respectively), especially those participants with children six years of age or older in the



household (32% versus 47%, respectively).

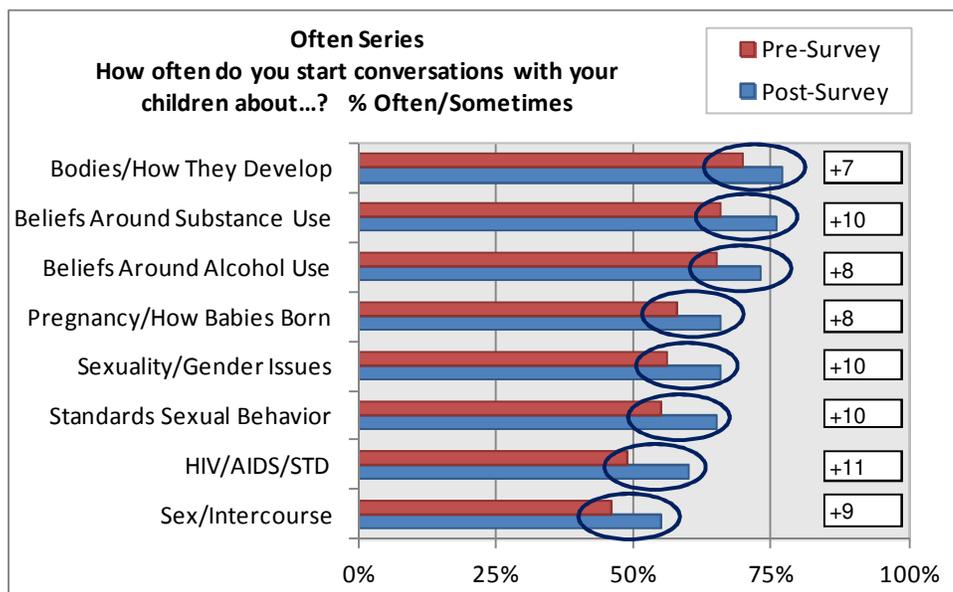
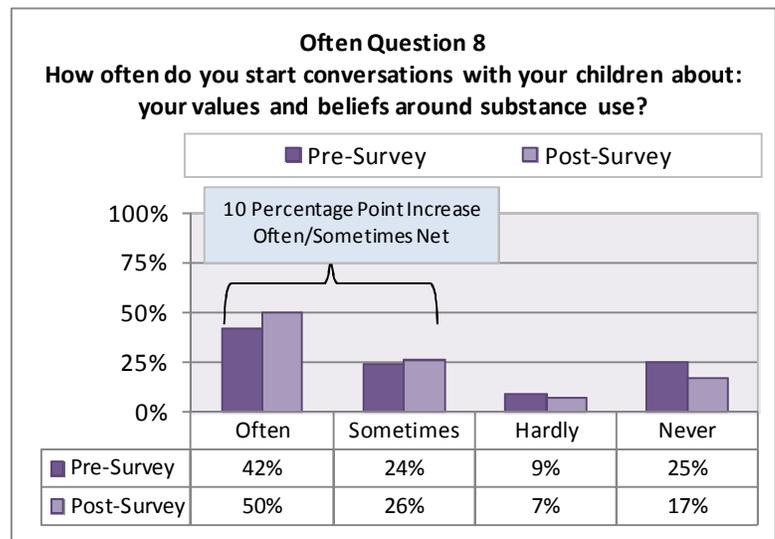
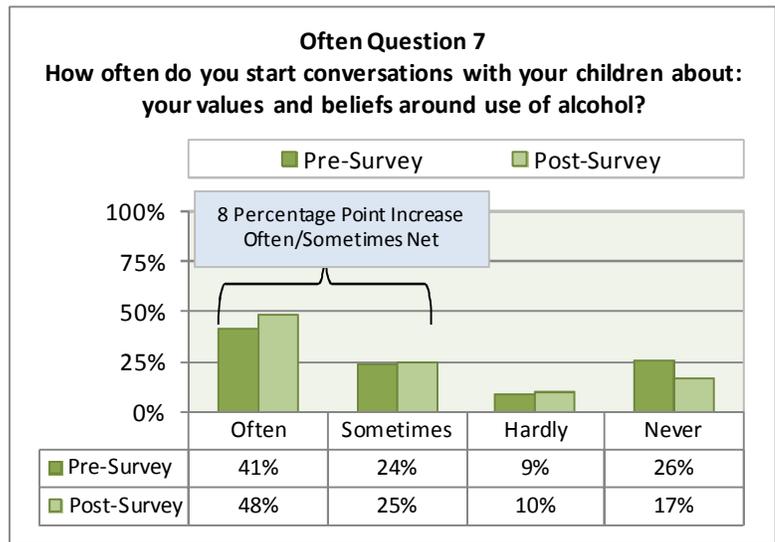
In addition to bodies and how they develop, the issues participants most often talk with their children about relate to individual standards, values, and belief systems around alcohol and substance use.

Three-quarters (73%) of participants in the post-workshop evaluation said they regularly (often/sometimes net score) start conversations with their children about their values and beliefs around the use of alcohol. This finding represents a statistically significant eight percentage point increase from the pre-workshop evaluation findings.

As a result of the program, participants with children 13 years of age or older in the household are more likely to “often” start conversations with their children about their values and beliefs around the use of alcohol (60% versus 75%, respectively).

Three-quarters (76%) of the participants also said they often (50%) or sometimes (26%) talk with their children about their values and beliefs around substance use. This finding represents a statistically significant 10 percentage point increase from the pre-workshop evaluation results.

As a result of the Family Talk Parent Workshop Program, participants initiate conversations with their children more often regarding sexuality, health, choices, and values. In fact, statistically significant increases occurred in all eight categories.



Level of Comfort Answering Questions

Participants were asked, in both the pre- and post-workshop evaluations, to rate how comfortable they are answering their children's questions about sexuality, health, choices, and values.

As a result of the program, participants are more comfortable talking to their children about sexuality, health, choices, and values than they were before they participated in the program. Statistically significant increases (very comfortable/somewhat comfortable net score) occurred within all eight categories.

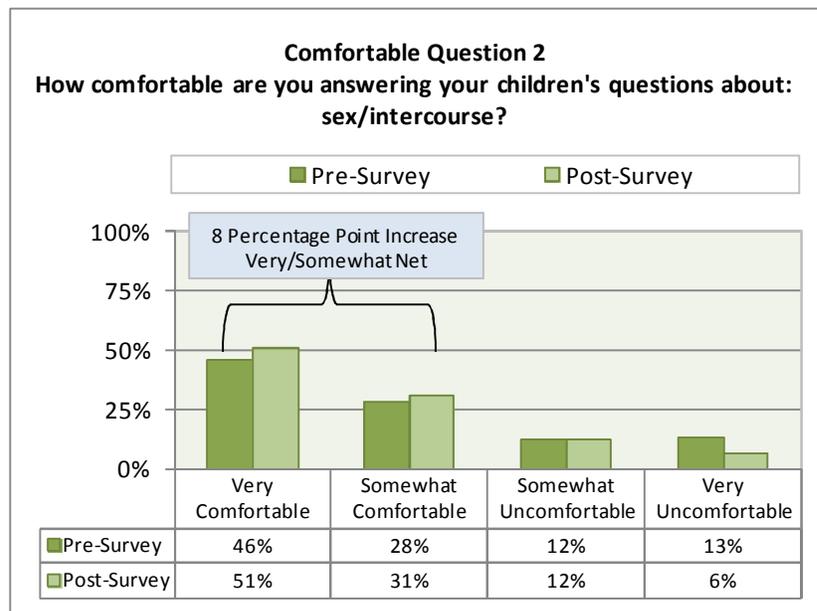
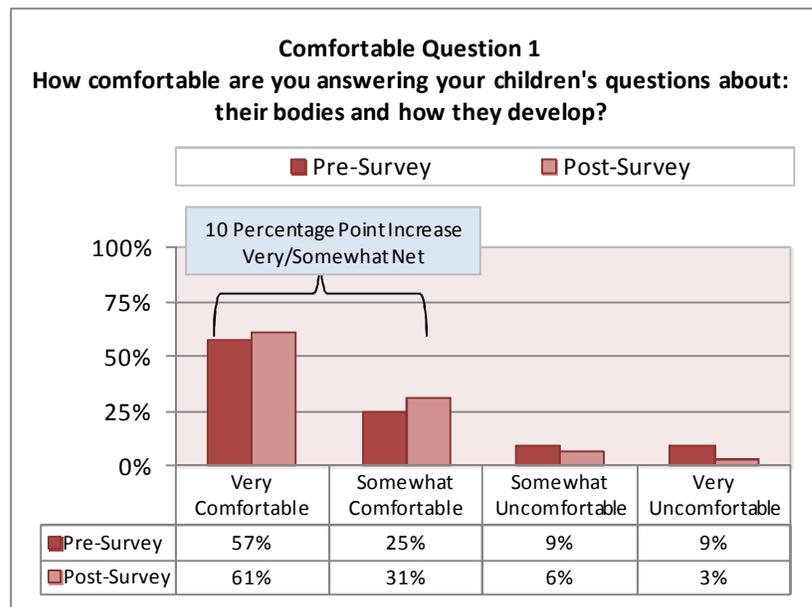
Participants with children under the age of six in the household are now more likely to feel comfortable (very comfortable/somewhat comfortable net score) answering their children's questions about sexuality, health, choices, and values; and participants with children 13 years of age or older in the household are now more likely to feel "very comfortable" answering their children's questions relating to these areas (statistically significant increases within all eight categories).

Almost all (92%) of the participants in the post-workshop evaluation said they are either very comfortable (61%) or somewhat comfortable (31%) answering their children's

questions about their bodies and how they develop. The finding represents a statistically significant increase of 10 percentage points from the pre-workshop evaluation.

Eighty-two percent (82%) of the participants in the post-workshop evaluation said they are comfortable (very comfortable/somewhat comfortable net score) answering their children's questions about sex/intercourse. This finding represents a statistically significant eight percentage point increase from the pre-workshop evaluation.

As a result of the program, male respondents are now more comfortable (very comfortable/somewhat comfortable net score) answering their children's questions relating to sex/intercourse (48% versus 83%, respectively).

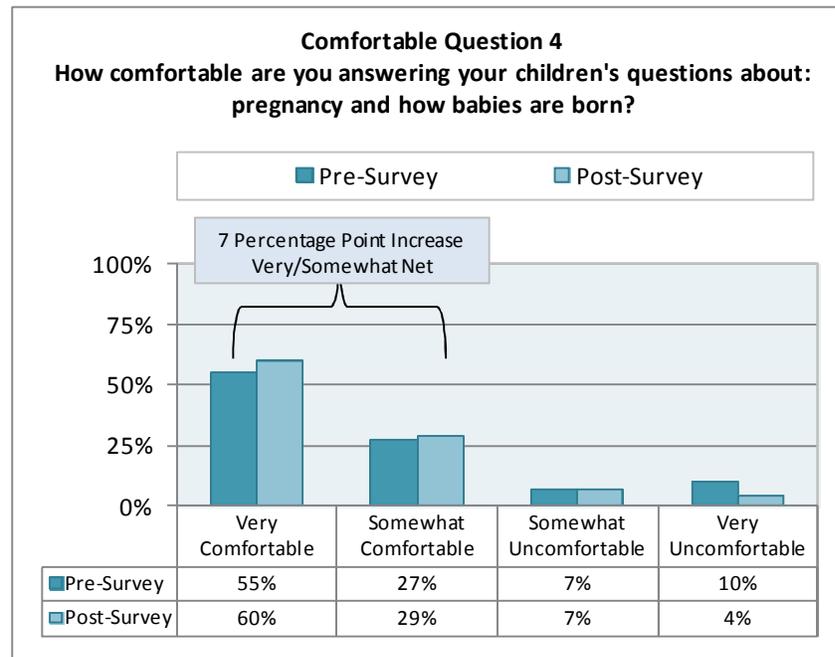
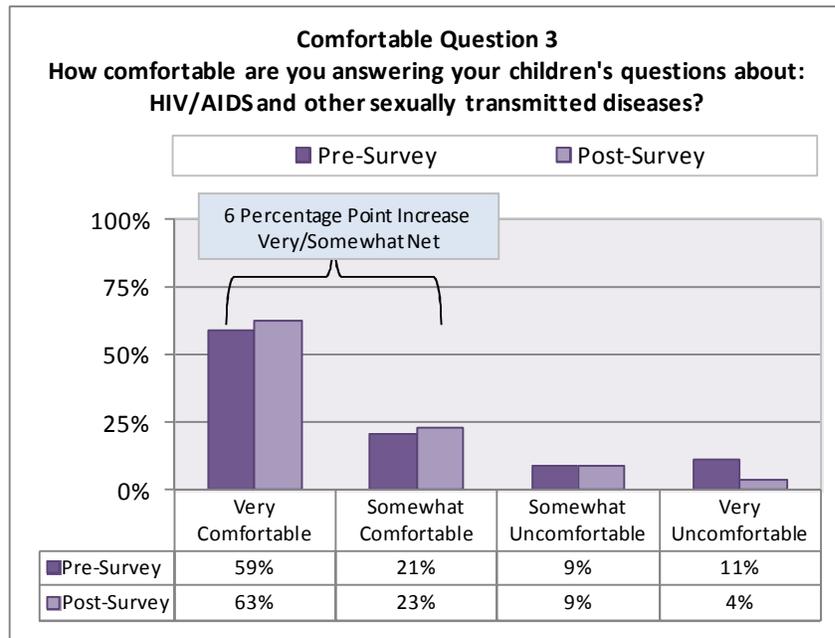


Eighty-six percent (86%) of participants in the post-workshop evaluation said they are either very comfortable (63%) or somewhat comfortable (23%) answering their children's questions about HIV/AIDS and other sexually transmitted diseases. This net score finding represents a statistically significant six percentage point increase from the pre-workshop evaluation results (80% versus 86%, respectively).

As a result of the program, female participants are now more comfortable (very comfortable/somewhat comfortable net score) answering their children's questions related to HIV/AIDS and other sexually transmitted diseases (78% versus 86%, respectively).

Eighty-nine percent (89%) of participants in the post-workshop evaluation said they are either very comfortable (60%) or somewhat comfortable (29%) answering their children's questions about pregnancy and how babies are born; a statistically significant increase of seven percentage points from the pre-workshop evaluation results (82% versus 89%, respectively).

Male participants are now more comfortable (very comfortable/somewhat comfortable net score) answering their children's questions relating to pregnancy and how babies are born as a result of their participant in the Family Talk Parent Program (76% versus 87%, respectively.)

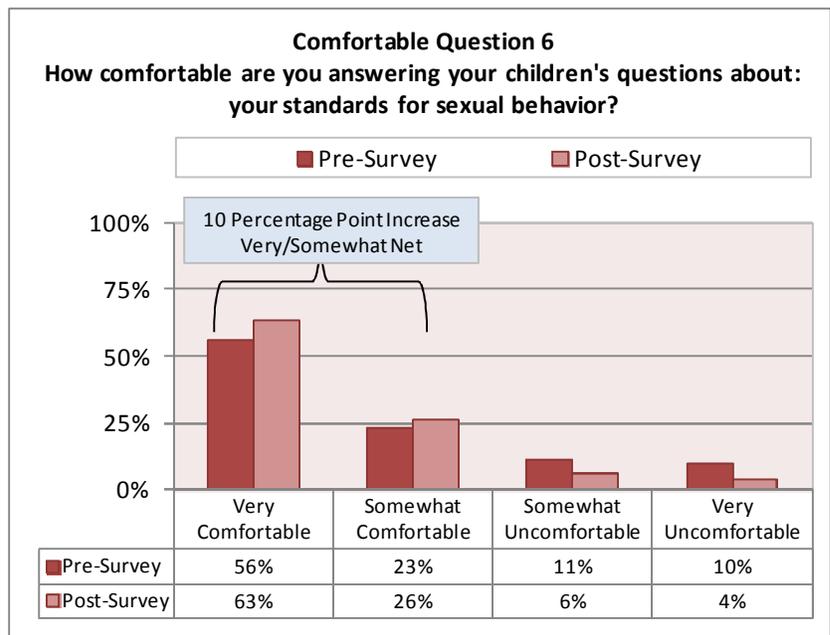
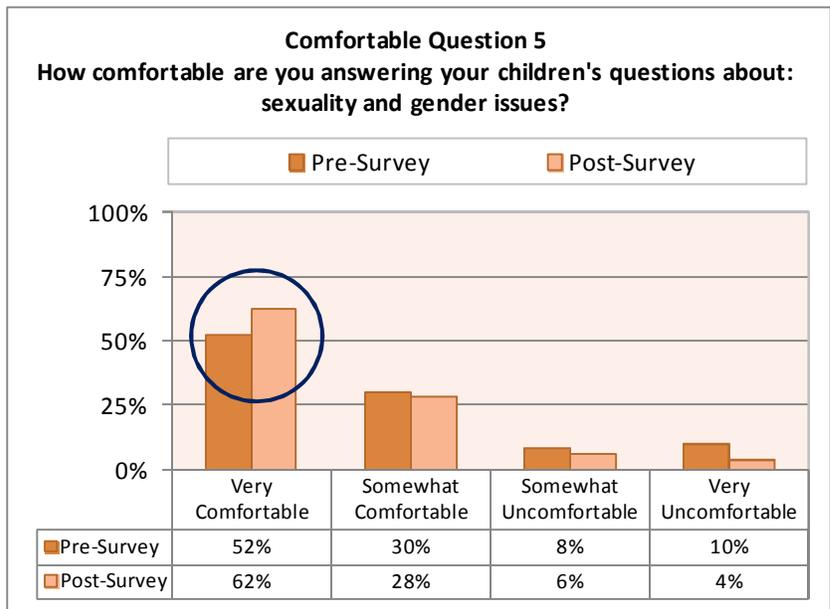


"I want to be able to explain these things to my kids and feel more comfortable about it."

Ninety percent (90%) of participants mentioned being comfortable (very comfortable/somewhat comfortable net score) answering their children’s questions about sexuality and gender issues as a result of their participation in the Family Talk Parent Program. This finding represents a statistically significant increase of eight percentage points from the pre-workshop findings (82% versus 90%, respectively).

In fact, participants are now more likely to feel “very comfortable” answering their children’s questions about sexuality and gender issues (52% versus 62%, respectively), especially those participants with children 13 years of age or older in the household (57% versus 76%, respectively).

Eighty-nine percent (89%) of participants in the post-workshop evaluation said they are either very comfortable (63%) or somewhat comfortable (26%) answering their children’s questions about standards for sexual behavior. This finding represents a statistically significant increase of 10 percentage points from the pre-workshop evaluation findings (79% versus 89%, respectively).

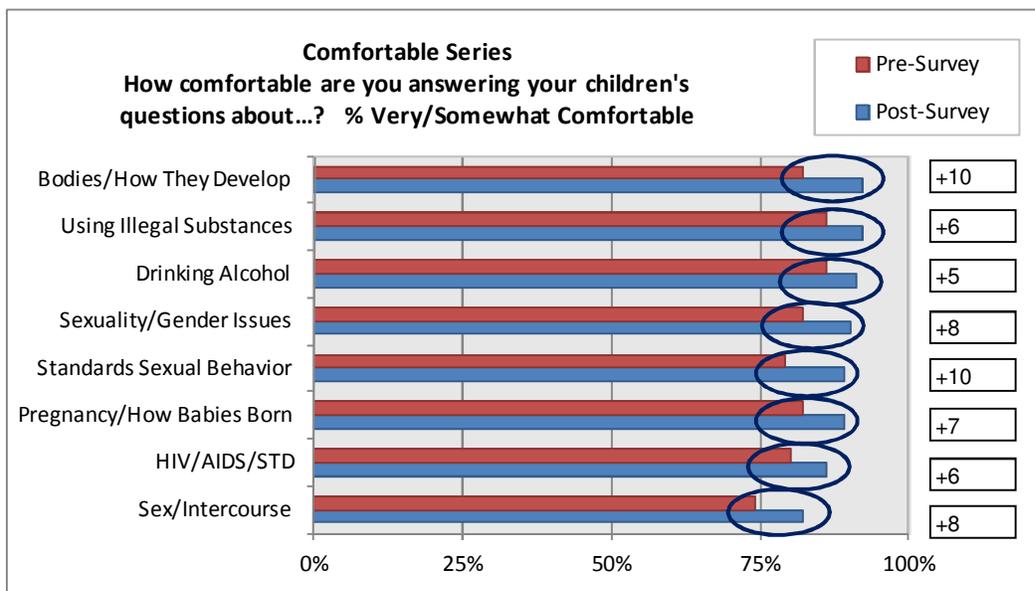
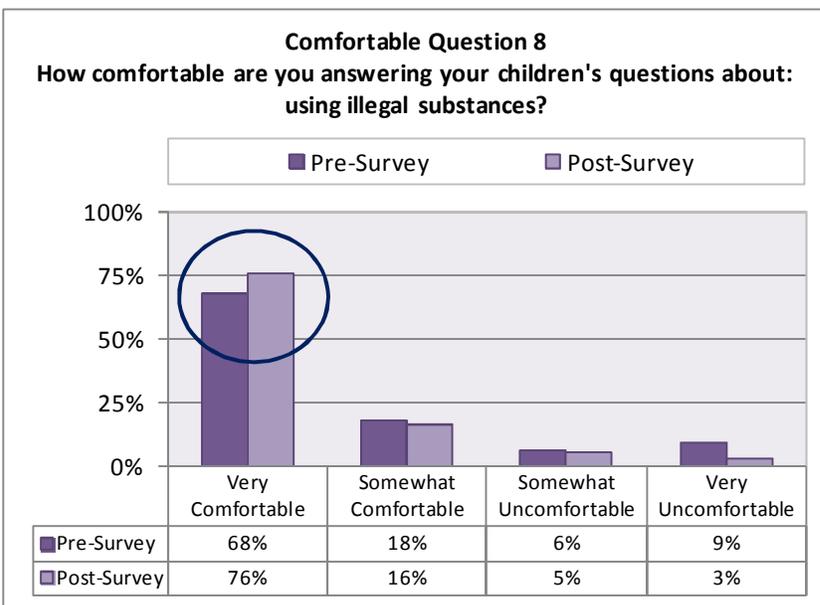


“It is important that I let my children know it’s okay to come and talk to me about anything they need to know.”

Three-quarters of all participants said in the post-workshop evaluation that they are very comfortable discussing issues related to drinking alcohol (74%) and using or abusing substances (76%). These findings reflect statistically significant increases from the pre-workshop evaluation. This “very comfortable” rating increased by eight percentage points within both of these categories.

As mentioned earlier, participants with children under the age of six in the household are now more comfortable (very comfortable/somewhat comfortable net score) answering their children’s questions about sexuality, health, choices, and values; and participants with children 13 years of age or older in the household are now “very comfortable” answering their children’s questions relating to these areas.

Participants’ level of comfort answering their children’s questions increased significantly in all eight categories as a result of participation in the Family Talk Parent workshop series. The largest increases occurred within bodies and how they develop and standards for sexual behavior (10 percentage point increases, respectively).



Available Resources

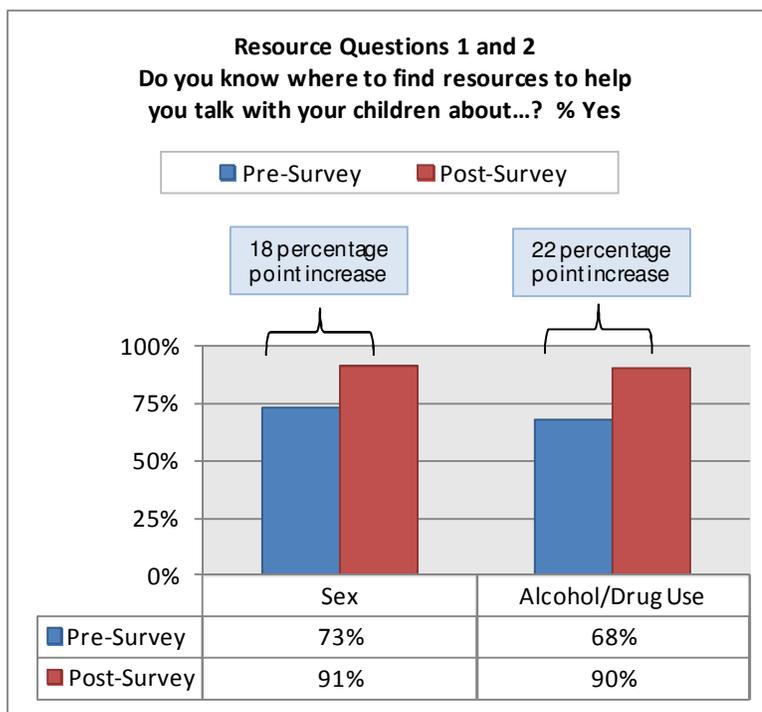
Participants were asked, in the both the pre- and post-workshop evaluations, if they know where to find resources to help them talk to their children about sex and substance use.

Almost all (91%) participants in the post-workshop evaluation said they know where to find resources to help them talk with their children about sex. This finding represents a statistically significant increase of 18 percentage points from the pre-workshop evaluation results.

Similarly, 90% of participants in the post-workshop evaluation said they know where to find resources to help them talk with their children about alcohol or drug use. Also statistically significant, this finding represents a 22 percentage point increase from the pre-workshop evaluation results.

Additionally, male participants are less likely than female respondents in the pre-workshop evaluation to know before they participated in the workshop where to find resources to help talk to their children about sex and substance use (52% versus 81%, respectively).

Almost half (44%) of the participants from the post-workshop evaluation said they would go to the library to find resources to help them talk to their children about sex. This finding represents an eight percentage point increase from the pre-workshop evaluation results. Other participants from the post-workshop evaluation said they would go to Planned Parenthood (17%), doctor/health center (12%), search the internet (12%), see a counselor or participate in a workshop at the family resource center (10%), ask a family member (5%) or friend (3%), go to a local agency in the community (unspecified) (4%), or ask a school educator (2%) for information to help them talk to their children about sex.

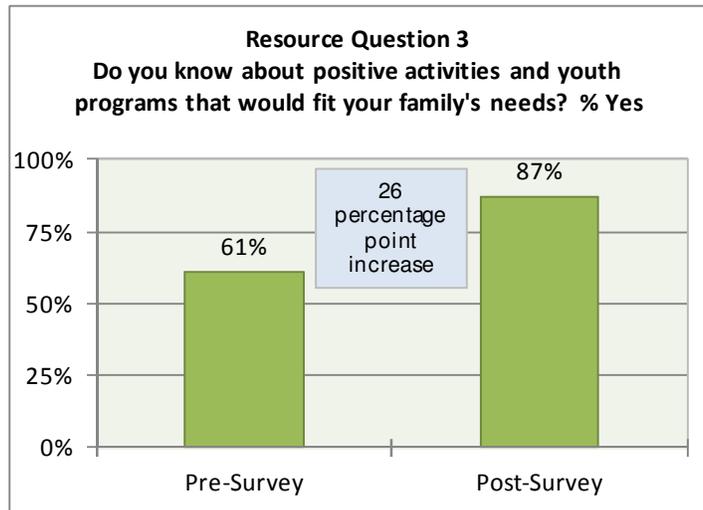


Where would you go to find resources to help you talk to your children about sex?			
	Pre-Workshop	Post-Workshop	% Diff
Library	36%	44%	+8
Planned Parenthood	13%	17%	+4
Doctor / Health Center	20%	12%	-8
Internet	13%	12%	-1
Counselor / Family Resource Center	13%	10%	-3
Family Member	10%	5%	-5
Community Agency (Unspecified)	6%	4%	-2
Friend	3%	3%	-
School / Educator	4%	2%	-2
No Where / Self / Own Experience	4%	3%	-1
No Answer	11%	15%	+4

Twenty-nine percent (29%) of participants from the post-workshop evaluation said they would go to the library to find resources to help them talk to their children about alcohol or drug use. Fourteen percent (14%) said they would use their own knowledge/experience. Other participants from the post-workshop evaluation said they would go to Alcoholics Anonymous or AL-ANON (12%), search the internet (11%), see a counselor or participate in a workshop at the family resource center (8%), speak with a doctor/health center (8%), seek out a local agency (unspecified) (8%), discuss with a family member (5%) or friend (3%), join a parent/support group (2%), or go to church/ask assistance from God (2%) to help them talk to their children about alcohol or drug use. These findings are consistent with the pre-workshop evaluation results.

Most (87%) of the participants from the post-workshop evaluation said they know about positive activities and youth programs that would fit their family's needs. This finding represents a statistically significant 26 percentage point increase from the pre-workshop evaluation results.

Where would you go to find resources to help you talk to your children about alcohol or drug use?			
	Pre-Workshop	Post-Workshop	% Diff
Library	27%	29%	+2
No Where / Self / Own Experience	18%	14%	-4
AA / AL-ANON	11%	12%	+1
Internet	10%	11%	+1
Counselor / Family Resource Center	9%	8%	-1
Doctor / Health Center	8%	8%	-
Community Agency (Unspecified)	7%	8%	+1
Family	7%	5%	-2
Friend	2%	3%	+1
Parent/Support Groups	5%	2%	-3
Church / God	3%	2%	-1
No Answer	16%	22%	+6



“My son is going through puberty and I found out that I am not prepared for it. I would like to have the courage to talk to him about all the different topics.”

Expected Changes

Participants were asked, in open-ended format, what changes they would like to make over the next year in talking with their children about sexuality, health, choices, and values.

Many participants in both the pre- (20%) and post-workshop evaluations (25%) said they would like to feel more comfortable talking to their children, and more comfortable providing accurate details about sexuality, health, choices, and values. One grandparent said he/she would like to provide his/her grandchildren with someone else to talk to about these important issues.

Nineteen percent (19%) of participants in the post-workshop evaluation said they would like to build a trusting and understanding relationship with their children, including becoming more involved in their children's lives and being a better listener, so their children will feel more comfortable asking questions.

Other participants said they would like to have age appropriate discussions with their children (8%), and teach their children values and consequences (8%) over the next year.

Seven percent (7%) of participants said they feel their children are still too young for these topics of conversation, although this finding represents a non-significant decrease of two percentage points. Eight percent (8%) of participants said they feel there is no need to make any changes in how they talk with their children about sexuality, health, choices, and values. These participants said they feel they already have a good relationship with their children and talk about these issues regularly.

What changes would you like to make over the next year in talking with your children about sexuality, health, choices, and values?			
	Pre-Workshop	Post-Workshop	% Diff
Being more comfortable with providing more accurate details	20%	25%	+5
Building trust/Helping child to feel comfortable asking questions / More listening	13%	19%	+6
Nothing / Already good relations	11%	8%	-3
Age appropriate conversations/ answers	7%	8%	+1
Teaching values/consequences	4%	8%	+4
Child still too young for these Discussions	9%	7%	-2
Don't Know / No Answer	37%	32%	-5

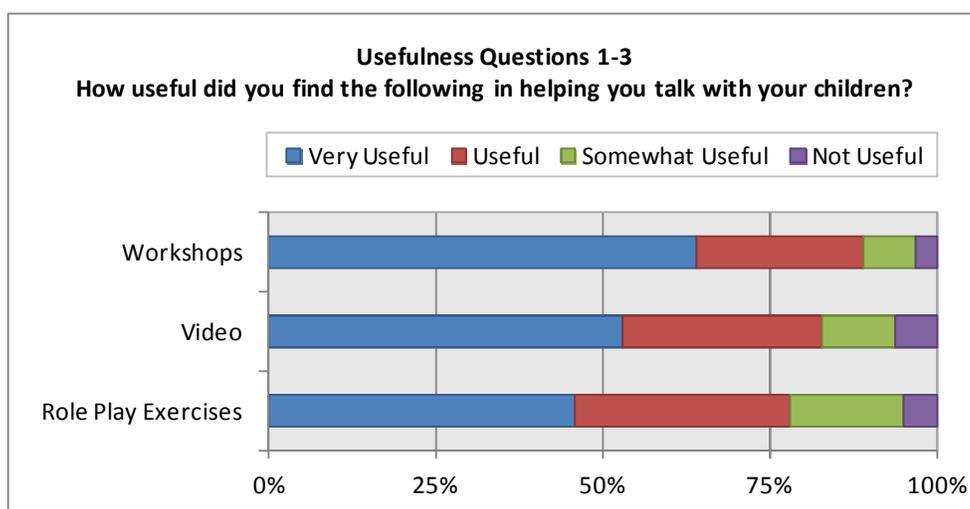
"I want to be able to come to them and really explain certain situations and not be afraid anymore, because they need to know."

Overall Assessment of Program

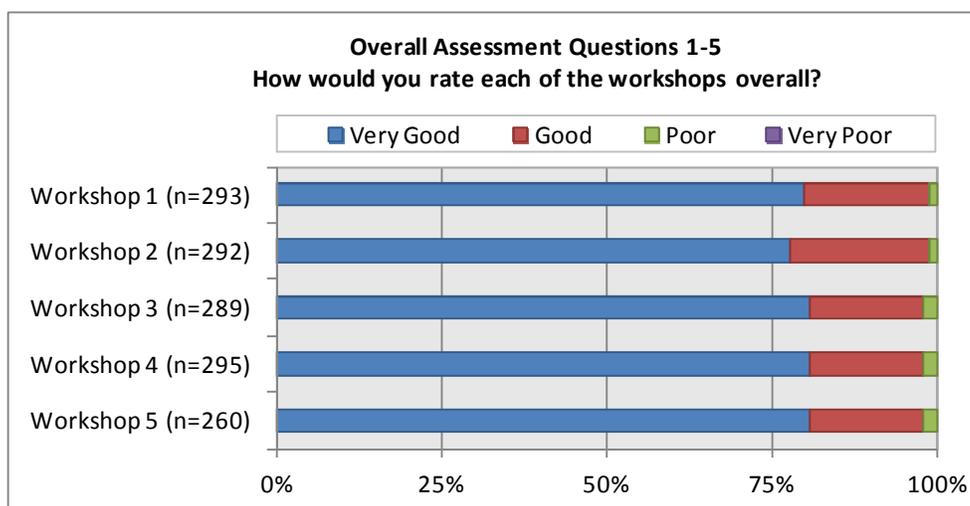
Participants were asked on the post-workshop evaluation to rate the usefulness of teaching aids and techniques as well as to rate each of the individual workshops overall.

Almost two-thirds (64%) of the participants felt the workshops were very useful in making them more aware of the importance of talking to their children about sexuality, relationships, and healthy behaviors. Participants with children 13 years of age or older in the household are more likely, than participants with children 12 years of age or younger in the household, to rate the workshops as “very useful” (74% versus 62%, respectively). In addition, female participants are more likely, than male participants, to rate the workshops “very useful” (68% versus 55%, respectively).

Half of the participants said the video (53%) and role playing exercises (46%) were very useful in helping them talk to their children about these issues.



All five individual workshops in the series were rated extremely favorable overall. More than three-quarters of all participants gave the workshops the highest rating, “very good”.



Participants were asked, in open-ended format, what they liked best about the program.

Twenty-two percent (22%) of participants felt the program was very educational and informative, providing good and useful information.

Seventeen percent (17%) mentioned that they appreciated the open dialogue and support they received throughout the workshop series.

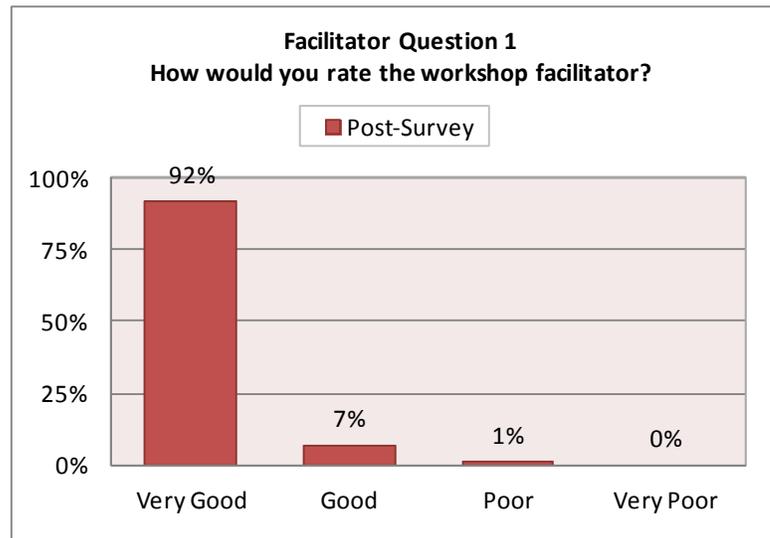
Sixteen percent (16%) mentioned that they liked everything about the program. Fifteen percent (15%) said that they liked learning how to talk to their children about these kinds of issues, while others mentioned positive comments about the facilitators (12%).

What did you like best about the Family Talk Parent Workshop Series?	
	Post-Workshop
Educational / Informative	22%
Open discussions / Group support	17%
Everything / Great Experience	16%
Learned how to talk with my children	15%
Positive comments about facilitators	12%
No Answer	28%

Facilitator Rating

Participants were asked on the post-workshop evaluation to rate the workshop facilitator.

Almost all (92%) of the participants rated the facilitator very good, 7% rated the facilitator as good, and 1% rated the facilitator as poor. One participant asked if the facilitators could “keep coming back.”



Additional Comments

Participants were also given the opportunity, in open-ended format, to provide additional comments. Many participants expressed their appreciation and gratitude for the opportunity to participate in such a worthwhile program.

“This workshop taught me how to communicate better and listen to my children. Thanks.”

“Lots of information, which I needed. Now I know how I should talk to my children. We need another workshop again this year. Thank you!”