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October is "Let's Talk Month"

October is Let's Talk Month, an opportunity for parents and youth to start two-way conversations about issues that may be uncomfortable to talk about – like topics having to do with sex and drug and alcohol use.

Parents are their children's first and most important teachers. As children grow, while they may seek out other sources (like friends, teachers, books and videos), the research shows that parents are still a preferred source of information. Sometimes parents and other adults feel uncomfortable discussing some of these topics, and need information and ideas to begin meaningful conversations.

Helping Services for Northeast Iowa is making resources available in area libraries in conjunction with Let's Talk Month. These materials include brochures with talking points on sex and drug concerns, ideas on how to start talking, on how to recognize when someone needs help, and ideas on what every parent can do to increase the ability of their children to make healthy decisions on some tough issues.

For more information, contact Bill Deutsch or Rachel Faust at 563-387-1720.