

# Family Talk

## Workshop Series for Parents

Rochester, New York

## Program Evaluation Report

Program years 2004 to 2006

Family Resource Centers of Crestwood Children's Center  
and  
Metro Council for Teen Potential



Crestwood Children's Center

[www.hillside.com](http://www.hillside.com)



[www.metrocouncil.us](http://www.metrocouncil.us)

**Metro Council For Teen Potential (MCTP)  
Family Talk Program  
Summary of Cumulative Findings  
January 2004 to January 2007**

The Metro Council for Teen Potential (MCTP) and Family Resource Centers of Crestwood Childrens Center together sponsor the ongoing workshop series entitled *Family Talk*. This program is designed to provide parents with a greater understanding regarding the importance of, and a 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 survey consists of a total of 33 questions and the post-workshop survey 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 surveys were conducted using a self-administered methodology. A total of 169 individuals that participated in the Family Talk Program between January 2004 and January 2007 completed both a pre- and post-workshop series evaluation. The following report summarizes these cumulative survey results.

**Demographic Profile of Participants** Most (87%) of the individuals participating in the workshop series between January 2004 and January 2007 said they are a parent. Nine percent (9%) of participants said they are either a grandparent, aunt/uncle, case manager, or program director. Four percent (4%) of participants said they are not responsible for any children and are taking the course for their own benefit. Participants, on average, have a total of two children. The median age of the children is 7.5 years. Sixty-nine percent (69%) of workshop participants are female, and the median age of participants is 33 years. Workshop participants reside in various areas of the City.

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 5 years of age or younger in the household.

<b>Demographic Profile of Participants</b>	
Gender	
Male	30%
Female	69%
No Answer	1%
Age	
Less than 25 (1980 or later)	20%
25-34 (1970-1979)	34%
35-44 (1960-1969)	35%
45-54 (1950-1959)	8%
55 or older (1949 or before)	2%
Median Age	33
Relation	
Parent	87%
Other	9%
Self / No Children	4%
Number of Children	
One	36%
Two	21%
Three	19%
Four or more	17%
None	7%
Median Number of Children	2
Median Age of Children	7.5
Zipcode	
14621	30%
14619	12%
14611	11%
14604	7%
14609	6%
14605	5%
14608	4%
14606	4%
Other	21%

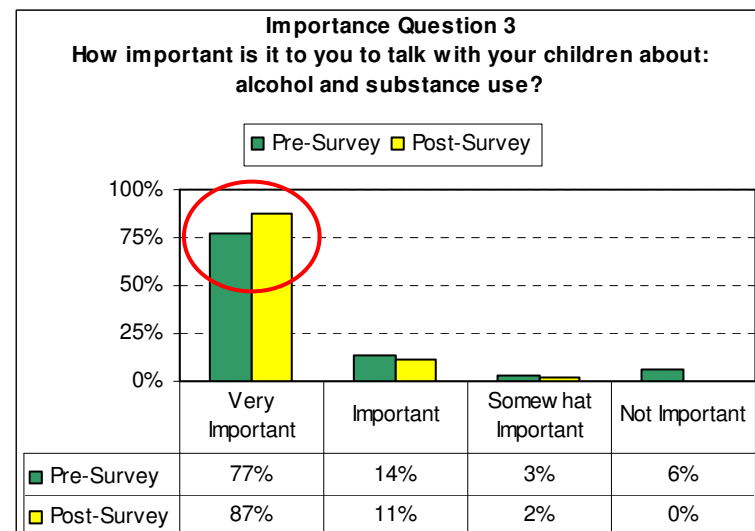
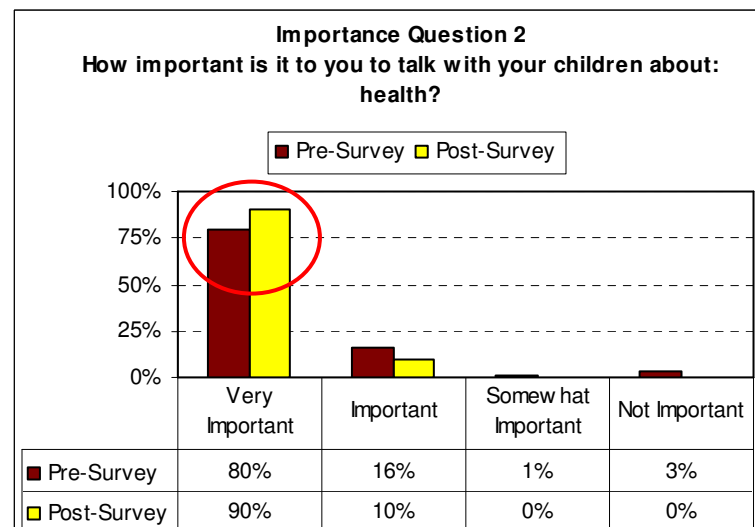
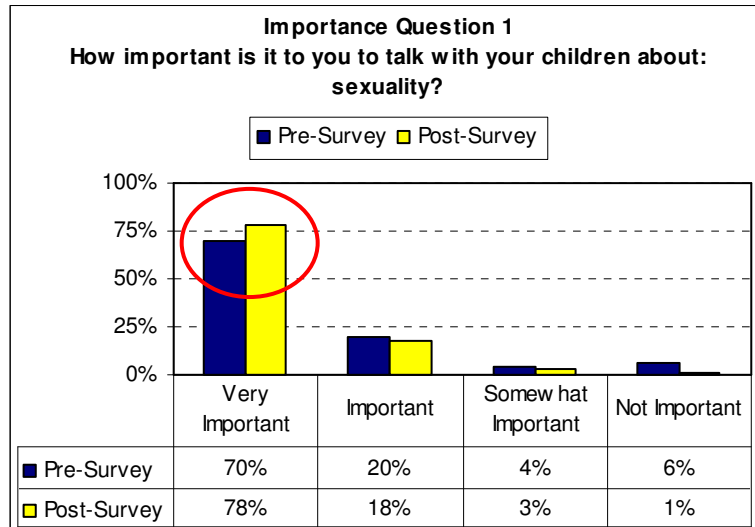
### Importance of Talking to Children

Participants were asked, in both the pre- and post-workshop series 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.

Seventy-eight percent (78%) of participants in the post-workshop survey said they think it is very important to talk to their children about sexuality. This finding represents a statistically significant increase of eight 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 survey than in the pre-workshop survey; a statistically significant increase of 10 percentage points (66% versus 76%, respectively). (Importance Question 1)

Ninety percent (90%) of participants in the post-survey evaluation said they feel it is very important to talk to their children about their health. This rating represents a statistically significant 10 percentage point increase from the pre-workshop evaluation results. Participants with children 6 years of age or older in the household are more likely to now understand why it is very important to talk to their children about their health (78% very important rating in the pre-workshop survey versus 90% very important rating in the post-workshop survey). (Importance Question 2)

The Very Important rating for talking to children about alcohol and substance use also increased significantly, by 10 percentage points, in the post-workshop evaluation. Eighty-seven percent (87%) 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 workshop, participants with children 12 years of age or younger in



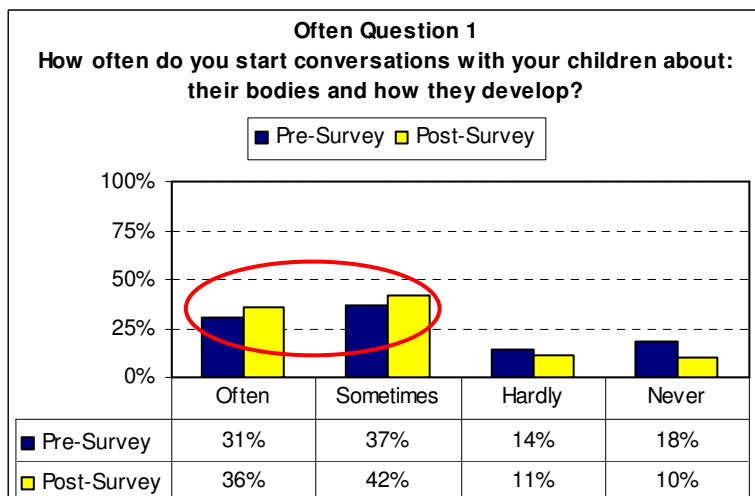
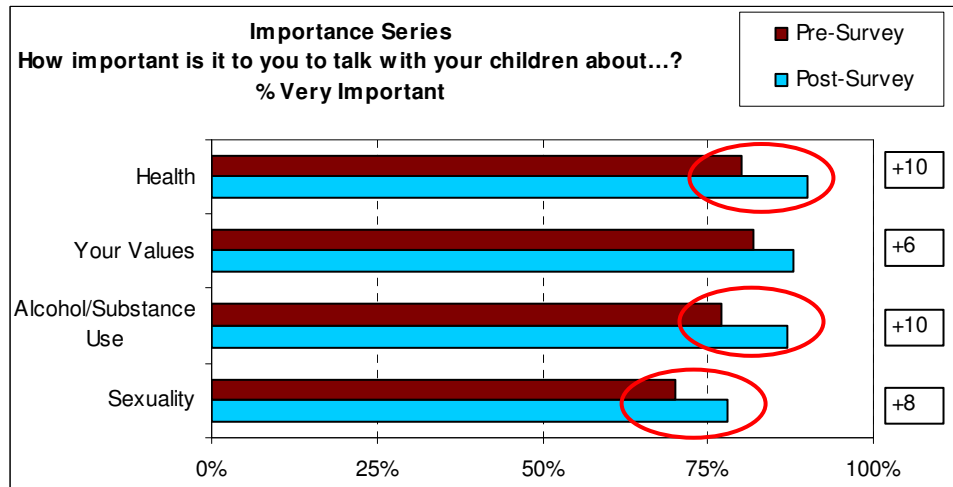
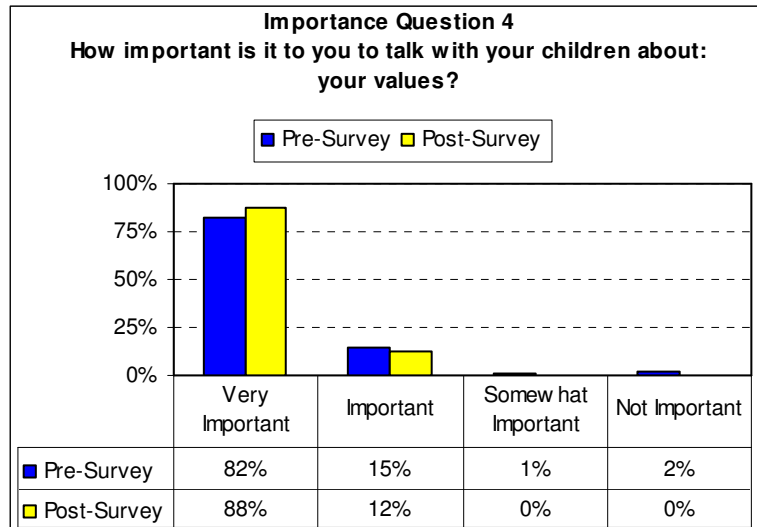
the household now realize the importance of talking to their children at a younger age about alcohol and substance use. In this category, the Very Important rating among participants with children 12 years of age or younger increased significantly, by 12 percentage points, between the pre- and post-workshop evaluation results (74% versus 86%, respectively). (Importance Question 3)

Eighty-eight percent (88%) of all participants in the post-workshop evaluation said they feel it is very important to talk to their children about values. This rating increased by six percentage points from the pre-workshop findings. Male participants are now more likely to feel it is very important to talk to their children about values since participating in the workshop series (84% versus 96%, respectively). (Importance Question 4)

As a result of the Family Talk workshop, 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 series evaluations, how often they start conversations with their children about sexuality, health, choices, and values.

Seventy-eight percent (78%) of participants in the post-workshop evaluation said they either often (36%) or sometimes (42%) start conversations with their children about their bodies

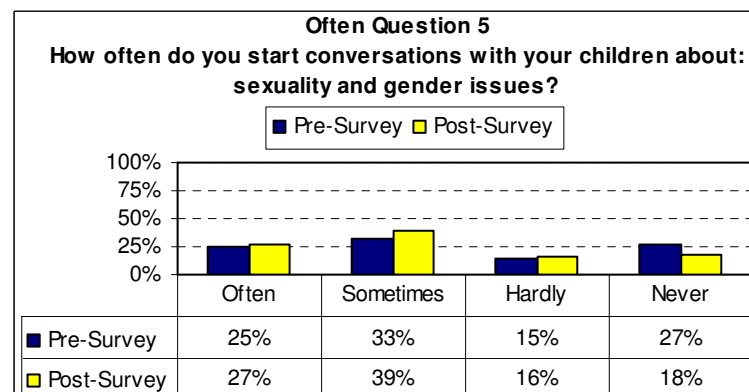
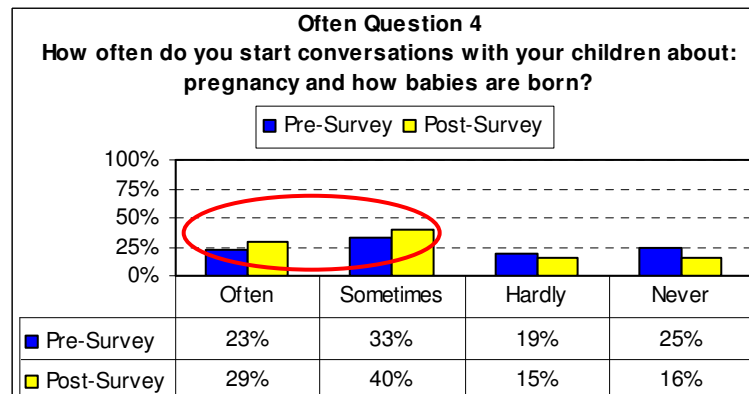
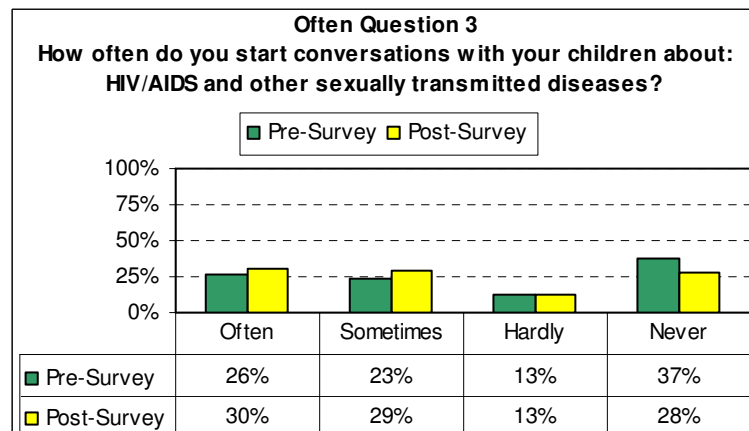
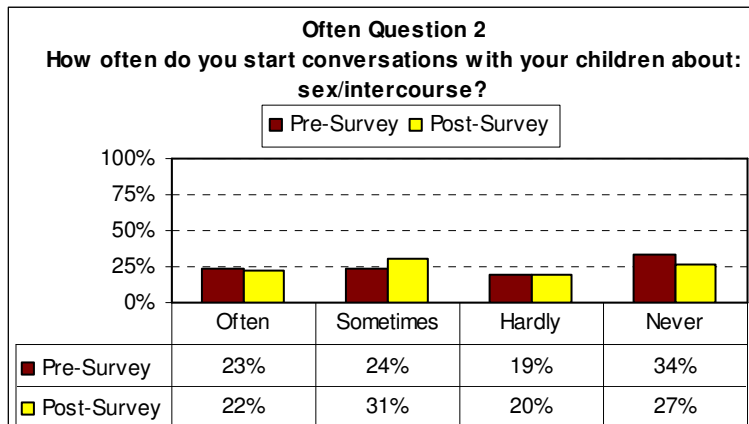


and how they develop. This rating reflects a statistically significant 10 percentage point increase from the pre-workshop series evaluation findings. As a result of the workshop, participants with children 6 years of age or older in the household are more likely to start conversations with their children about their bodies and how they develop. This Often and Sometimes net score rating increased significantly by 16 percentage points between the pre- and post-workshop evaluation results (68% versus 84%, respectively). Male participants are also 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 workshop (47% versus 69%, respectively). (Often Question 1)

More than half (53%) of the participants from the post-workshop survey said they either often (22%) or sometimes (31%) start conversations with their children about sex/intercourse. This finding represents a six percentage point increase from the pre-workshop evaluation results. (Often Question 2)

Although not statistically significant, a 10 percentage point increase in conversation frequency occurred relative to HIV/AIDS and other sexually transmitted diseases. Fifty-nine percent (59%) of the participants from the post-workshop survey said they often (30%) or sometimes (29%) start conversations with their children about HIV/AIDS and other sexually transmitted diseases. (Often Question 3)

More than two-thirds (69%) 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 13 percentage point increase from the pre-test evaluation findings. As a result of the workshop, participants



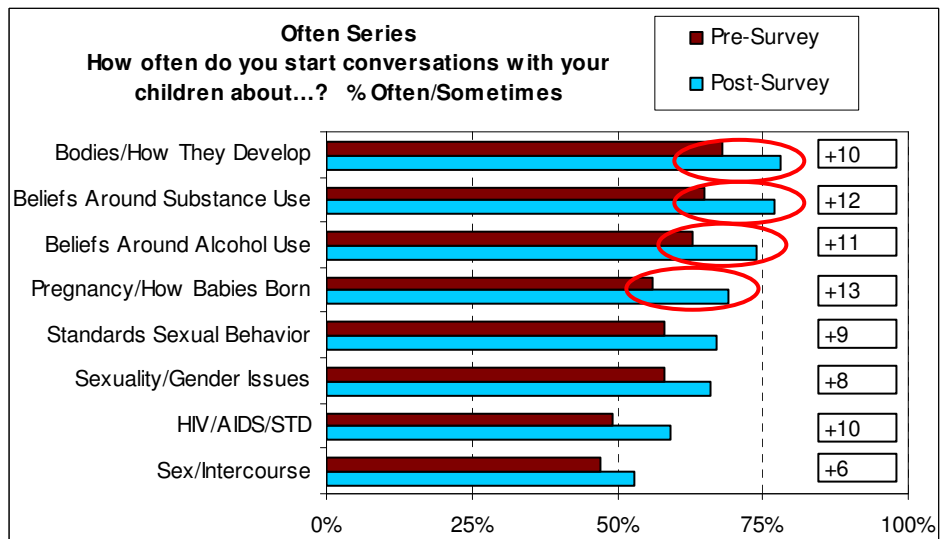
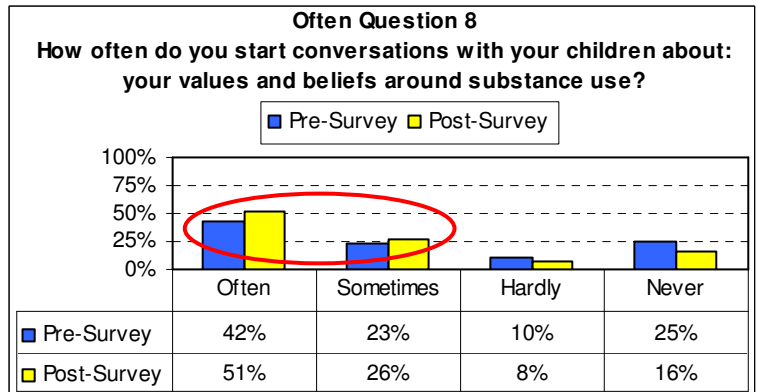
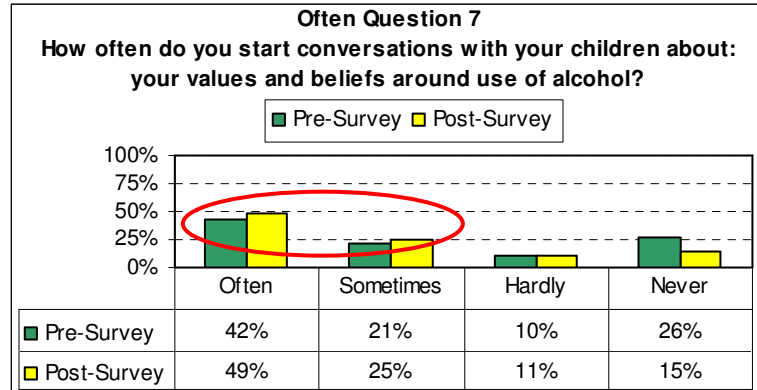
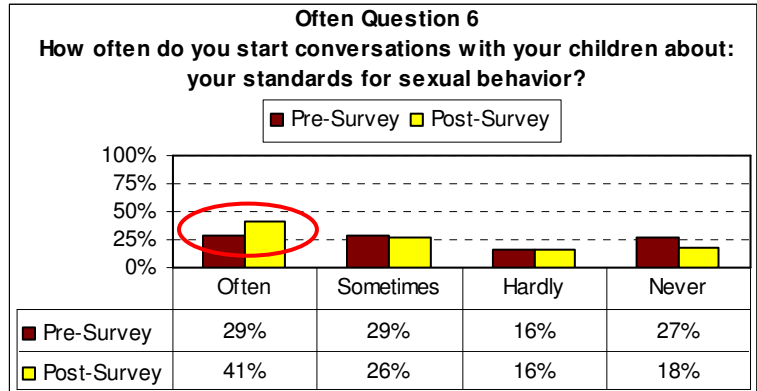
with children in the household, ages 6-12, are more likely to start conversations with their children about pregnancy and how babies are born. This Often and Sometimes net score rating increased significantly by 19 percentage points between the pre- and post-workshop evaluation results (55% versus 74%, respectively). (Often Question 4)

Sixty-six percent (66%) of participants said they often (27%) or sometimes (39%) talk with their children about sexuality and gender issues. This finding represents an eight percentage point increase from the pre-workshop survey results. (Often Question 5)

Similarly, 67% said they often (41%) or sometimes (26%) discuss with their children their standards for sexual behavior; a 9 percentage point increase from the pre-workshop evaluation results. A statistically significant increase in responses occurred within the Often category. As a result of the workshop, participants are more likely to often start conversations with their children about their standards for sexual behavior (29% versus 41%, respectively), especially those participants with a child 6 years of age or older in the household (30% versus 48%, respectively). (Often Question 6)

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.

Almost three-quarters (74%) of participants in the post-test survey said they regularly (Often/Sometimes net score) start conversations with their children about their values and beliefs around the use of



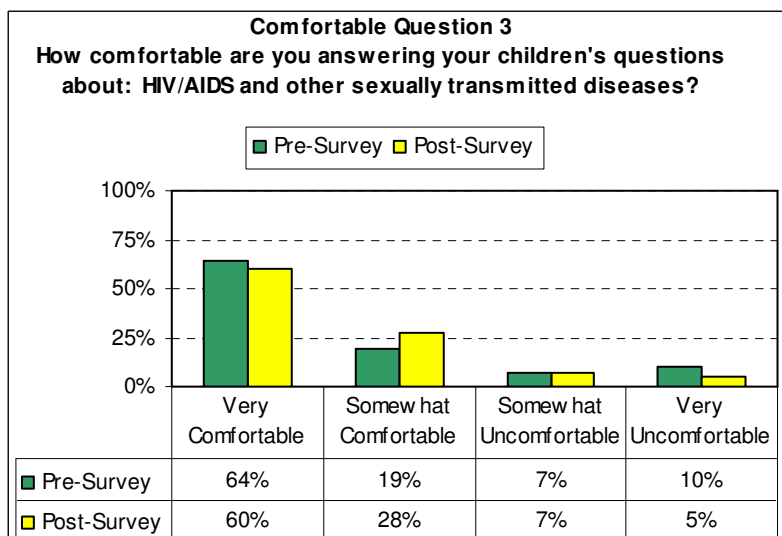
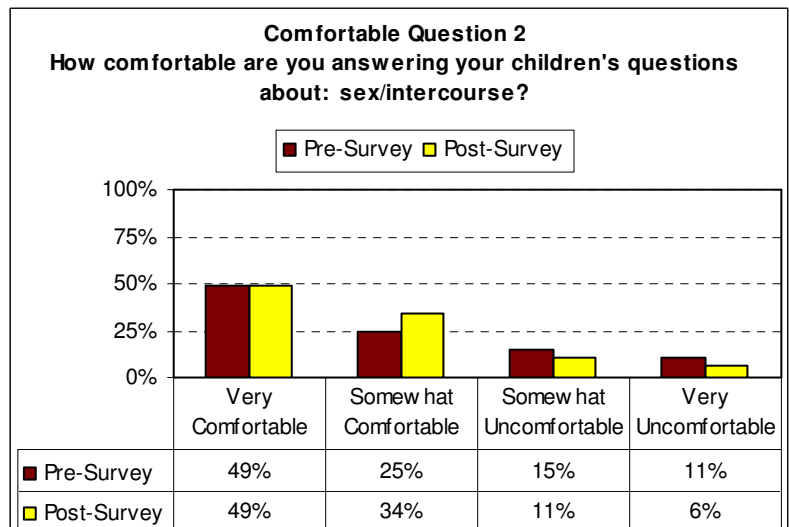
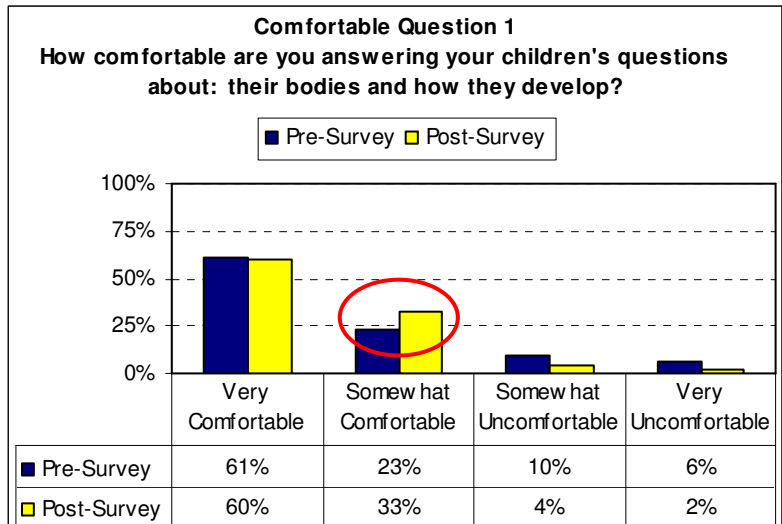
alcohol. This finding represents a statistically significant 11 percentage point increase from the pre-workshop survey results. (Often Question 7)

More than three-quarters (77%) of the participants said they often (51%) or sometimes (26%) talk with their children about their values and beliefs around substance use. This finding represents a statistically significant 12 percentage point increase from the pre-workshop survey results. (Often Question 8)

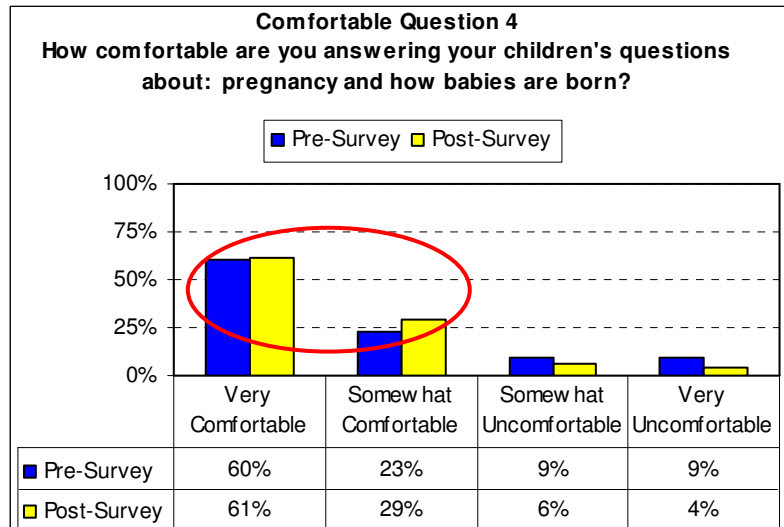
As a result of the Family Talk Workshop series, participants initiate conversations with their children more often regarding sexuality, health, choices, and values. In fact, statistically significant increases occurred in five out of the eight categories.

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

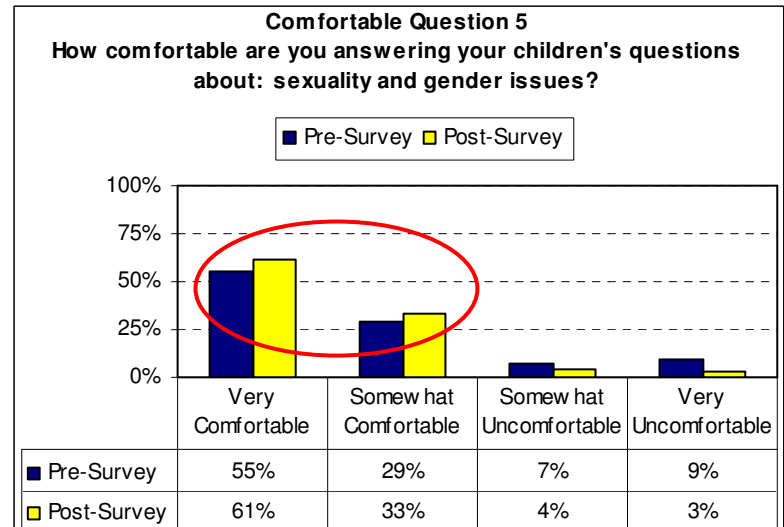
Almost all (93%) of the participants in the post-workshop survey said they are either very comfortable (60%) or somewhat comfortable (33%) answering their children's questions about their bodies and how they develop. The Somewhat Comfortable finding represents a statistically significant increase of nine percentage points from the pre-workshop survey. As a result of the workshop, participants with children 5 years of age or younger in the household are more likely to feel comfortable (Very Comfortable/Somewhat Comfortable net score) answering their children's questions about their bodies and how they develop than they were before they attended the workshop (83% versus 96%, respectively). (Comfortable Question 1)



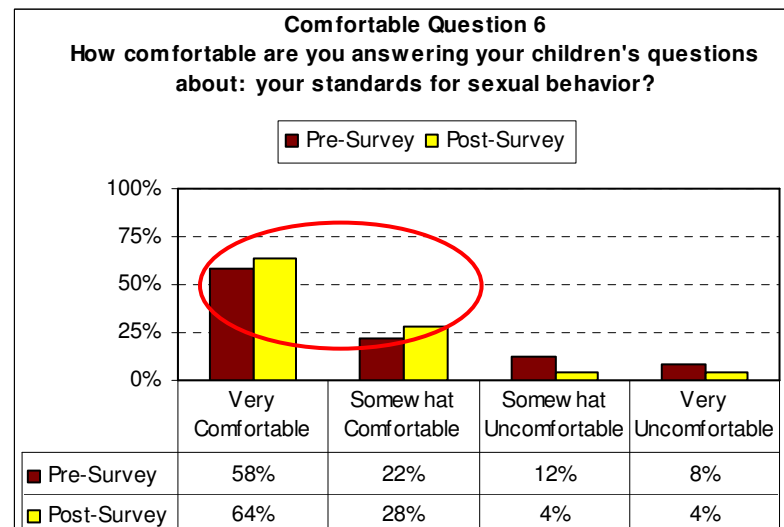
Eighty-three percent (83%) of the participants in the post-workshop survey said they are comfortable (Very Comfortable/Somewhat Comfortable net score) answering their children's questions about sex/intercourse. This finding represents a nine percentage point increase from the pre-workshop survey. As a result of the workshop, participants with children 13 years of age or older in the household are more likely to feel comfortable (Very Comfortable/Somewhat Comfortable net score) answering their children's questions about sex/intercourse than they were before they attended the workshop (76% versus 97%, respectively) (Comfortable Question 2)



Eighty-eight percent (88%) of participants in the post-workshop evaluation said they are either very comfortable (60%) or somewhat comfortable (28%) answering their children's questions about HIV/AIDS and other sexually transmitted diseases. This net score finding represents a five percentage point increase from the pre-workshop evaluation results. The Very Comfortable rating decreased by four percentage points from the pre-workshop evaluation results. (Comfortable Question 3)



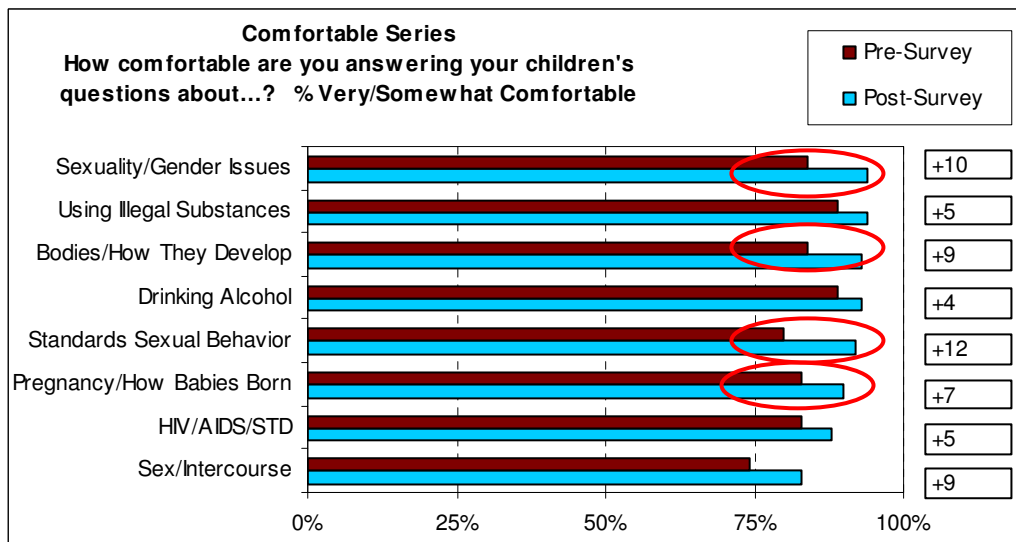
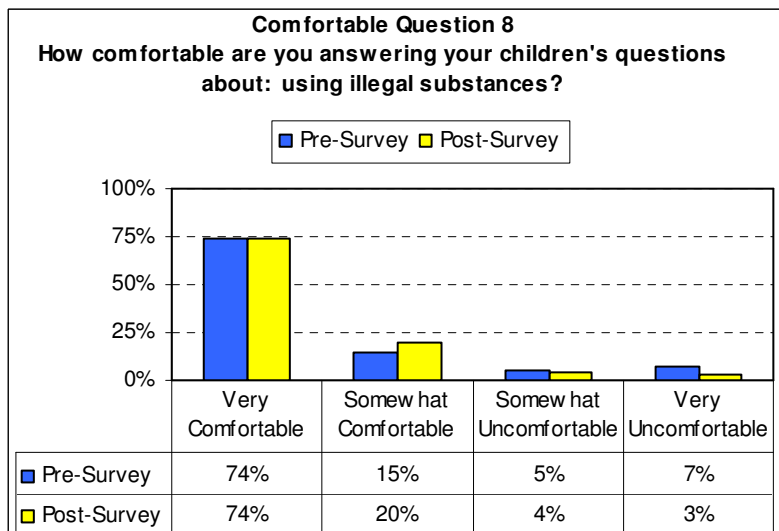
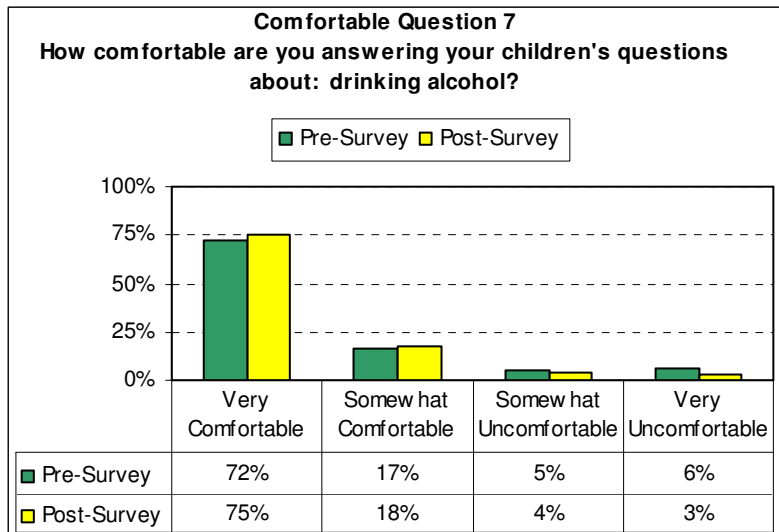
Almost all participants from the post-workshop surveys said they are comfortable (Very Comfortable/Somewhat Comfortable net score) answering their children's questions about pregnancy/how babies are born (90%), sexuality and gender issues (94%), and their standards for sexual behavior (92%). All three categories experienced statistically significant increases in comfort as a result of their participation in the workshop series. As a result of the workshop, participants 34 years of age or younger now feel more comfortable



(Very Comfortable/Somewhat Comfortable net score) answering their children's questions about pregnancy/how babies are born, sexuality and gender issues, and their standards for sexual behavior. (Comfortable Questions 4, 5, and 6)

Three-quarters of all participants said in the post-workshop survey that they are very comfortable discussing issues related to drinking alcohol (75%) and using or abusing substances (74%). The overall comfort level (Very Comfortable/Somewhat Comfortable net score) increased by four and five percentage points, for these two categories, respectively, between the pre- and post-test survey findings. (Comfortable Questions 7 and 8)

Participants' level of comfort answering their children's questions increased in all eight categories as a result of their participation in the Family Talk workshop series. Statistically significant increases occurred within the categories relating to sexuality/gender issues, bodies/how they develop, standards for sexual behavior, and pregnancy/how babies are born.



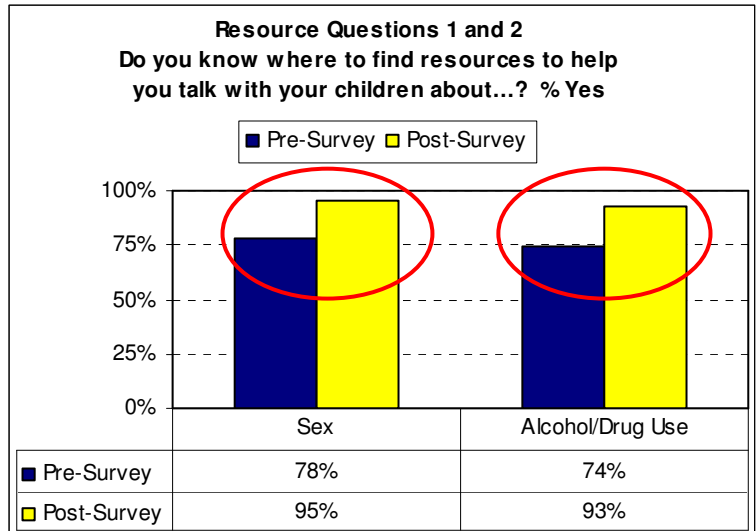
**Available Resources** Participants were asked, in the both the pre- and post-workshop series evaluations, if they know where to find resources to help them talk to their children about sex and substance use.

Almost all (95%) 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 17 percentage points from the pre-workshop evaluation results. (Resource Question 1)

Similarly, 93% of participants in the post-workshop survey 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 19 percentage point increase from the pre-workshop survey results. (Resource Question 2)

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 a nine percentage point increase from the pre-workshop evaluation results. Other participants from the post-workshop evaluation said they would go to Planned Parenthood (15%), doctor/health center (11%), see a counselor at the family resource center (10%), use the internet/computer (9%), ask a family member (5%) or friend (4%), go to a local agency in the community (unspecified) (4%), or ask a school educator (3%) for information to help them talk to their children about sex. With the exception of the library, these findings are fairly consistent with the pre-workshop survey results.

Twenty-nine percent (29%) of participants from the post-workshop evalu-



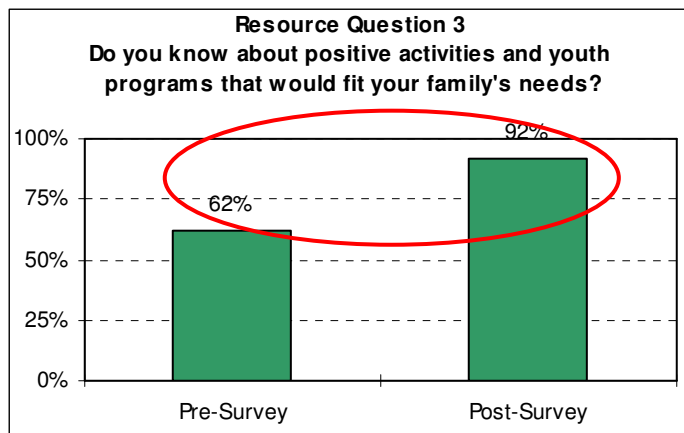
**Where would you go to find resources to help you talk to your children about sex?**

	Pre-Workshop	Post-Workshop
Library	35%	44%
Planned Parenthood	14%	15%
Doctor/Health Center	19%	11%
Counselor/Family Resource	10%	10%
Internet/Computer	10%	9%
Family	10%	5%
Friend	3%	4%
Community Agencies (unspecified)	5%	4%
School/Educator	3%	3%
No where/Self/Own Experience	4%	3%
No Answer	12%	16%

**Where would you go to find resources to help you talk to your children about alcohol or drug use?**

	Pre-Workshop	Post-Workshop
Library	28%	29%
No where/Self/Own Experience	16%	15%
AA/AL-ANON	12%	13%
Counselor/Family Resource	12%	8%
Internet/Computer	7%	8%
Doctor/Health Center	7%	7%
Community Agencies (unspecified)	8%	6%
Friend	3%	5%
Parent/Support Groups	6%	4%
Family	5%	4%
Church/God	3%	3%
No Answer	19%	24%

ation said they would go to the library to find resources to help them talk to their children about alcohol or drug use. Fifteen percent (15%) 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 (13%), see a counselor at the family resource center (8%), use the internet/computer (8%), speak with a doctor/health center (7%), seek out a local agency (unspecified) (6%), discuss with a friend (5%), join a parent/support group (4%), ask a family member (4%), or go to church/ask assistance from God (3%) to help them talk to their children about alcohol or drug use. These findings are consistent with the pre-workshop survey results.



Almost all (92%) 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 30 percentage point increase from the pre-workshop evaluation results. (Resource Question 3)

**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.

<b>What changes would you like to make over the next year in talking with your children about sexuality, health, choices, and values?</b>		
	Pre-Workshop	Post-Workshop
Being more comfortable with providing more accurate details	20%	24%
Building trust/Helping child to feel comfortable to ask questions/ More listening	12%	17%
Child still too young	12%	9%
Nothing/Already good relations	9%	8%
Age appropriate conversations/ answers	5%	6%
Teaching values/consequences	3%	6%
No Answer	39%	36%

Many participants in both the pre- (20%) and post-evaluations (24%) said they would like to feel more comfortable talking to their children, and more comfortable providing accurate details about sexuality, health, choices, and values. Seventeen percent (17%) 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, so their children will feel more comfortable asking questions.

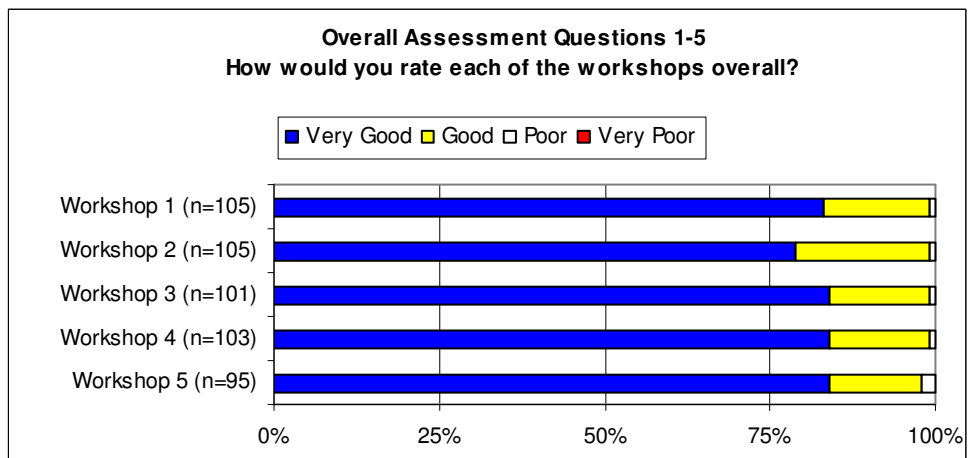
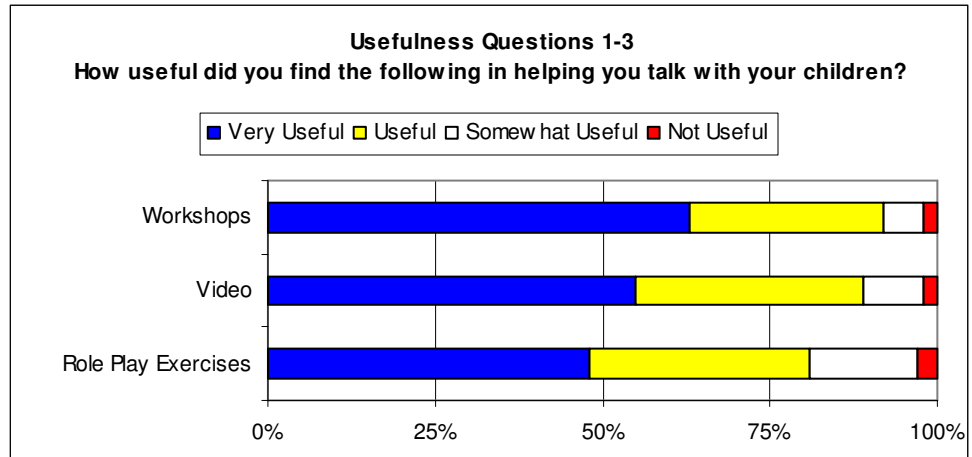
Other participants said they would like to have age appropriate discussions with their children (6%), and teach their children values and consequences (6%) over the next year. Nine percent (9%) of participants said they feel their children are still too young for these topics of conversation. Eight percent (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 regularly about these issues.

## Overall Ratings

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

Almost two-thirds (63%) 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. (Usefulness Questions 1-3)

Half of the participants said the video (55%) and role playing exercises (47%) were very useful in helping them talk to their children about these issues. (Usefulness Questions 1-3)



All five individual workshops in the series were rated very favorably overall. At least 80% of all participants gave the workshops the highest rating possible, very good. (Overall Assessment Questions 1-5)

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. Eighteen percent (18%) mentioned that they liked learning how to talk to their children about these kinds of issues. Similarly, 18% mentioned that they liked everything about the workshop series. Fifteen percent (15%) said they appreciated the open dialogue and support they received, and 9% mentioned positive comments about the facilitator.

What did you like best about the Family Talk Workshop Series?	
	Post-Workshop
Educational/Informative	22%
Learned how to talk with my children	18%
Everything/Great experience	18%
Open discussions/Support	15%
Facilitator	9%
No Answer	31%

**Facilitator Rating** Lastly, participants were asked on the post-workshop evaluation to rate the workshop facilitator. Almost all (92%) of the participants rated the facilitator very good, 8% rated the facilitator as good, and one individual (1%) rated the facilitator as poor. (Facilitator Question 1)

