

Session 2: Shows parents that it is still their role to guide children even as they grow older, and supports parents in strengthening their parenting skills that support and reinforce risk reduction. Parents work to build strong positive relationships to improve parent-child communication, and to supervise their children.



Session 3: Helps parents understand the realities of adolescent sexual behavior. It also explains why parents are most suited to deliver sexual risk prevention messages; provides information on social, physical, and emotional development and describes how parents can raise sexually healthy children.

Session 4: Helps parents embrace the knowledge, skills, comfort, and confidence needed to engage their children in meaningful, sensitive, and timely discussions about sexual issues and sexual risk reduction. It provides additional sexual and reproductive health information on family planning, sexually transmitted infections, HIV/AIDS, medical male circumcision, prevention of mother-to-child transmission, HIV testing/counseling, referrals and linkages to local resources. It also helps parents become more aware of their own sexual values and how to communicate those values to their children. In this session the trainer introduces communication tools for parents to enable smoother sex-related talks with their children.



Session 5: This session allows parents to continue practice the skills they learned by providing time for them to interact and engage in direct communication with their 9 to 12 year old child. The session also presents a 4-step parenting plan to help children resist peer pressure.

Session 6: Understanding child sexual abuse in an effort to address this globally pervasive issue. Child Sexual Abuse (CSA) and Gender-Based Violence (GBV) Issues are associated with increased sexual risk among youth, the FMP curriculum has been tailored to include specific culturally acceptable and age-appropriate content surrounding these topics.



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The Families Matter Program (FMP)



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The Families Matter Program (FMP)



The Families Matter Program (FMP) is an evidence-based, parent-focused intervention designed to promote positive parenting and effective parent-child communication. It includes topics like sexuality, and sexual risk reduction, including risk for child sexual abuse and gender-based violence. This is primarily focused on parents or caregivers of adolescents aged between 10 - 19 years old.

FMP recognizes that many parents and guardians may need support to effectively convey values and expectations about sexual behaviour. Also support them to communicate about important issues like HIV, STD, and pregnancy prevention etc. to their children. The goal of FMP is to increase awareness and protective strategies against harmful gender norms that may lead to violence.

The program 'Family Matters' is delivered in 6 consecutive weekly group sessions lasting approximately 3 hours per session. Each FMP session builds on the foundation laid in the previous session. Parents are asked to bring their 9 to 12 year old child to a designated session to practice the communication skills learned during the intervention. The program is supported by a team of two certified facilitators, one male and one female.



Session Details

Session 1



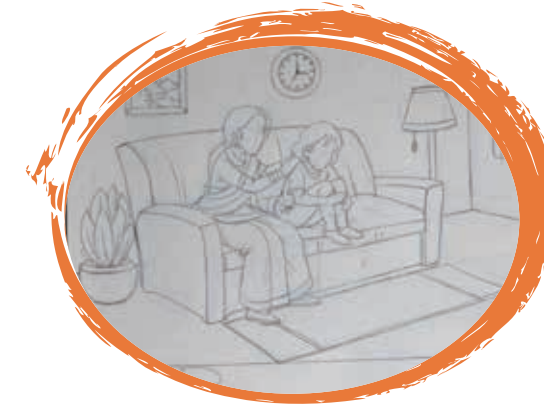
Introduction to FMP and discussion on steps towards understanding your child

Session 2



Good parenting skills

Session 5



Discussing sexuality and pressures children face

Session 6



To understand child sexual abuse. This session aims to address the globally pervasive issues of Child Sexual Abuse (CSA) and Gender-Based Violence (GBV).

Session 3



Parents' role in educating their children about sexuality

Session 4



Information to increase comfort and skills in discussing sex/sexuality



Session 1: Provides parents with an understanding of the purpose and goals of FMP. It includes information on child and adolescent development, and raises parents' awareness of the unique role they have in influencing their children's participation in healthy and safe behaviors.