



## **PRESS RELEASE**

**For immediate release**

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### **April is Sexual Awareness Month**

April is Sexual Awareness Month, and this year, the campaign is focused on youth. Children and teens of today are our hope for tomorrow. It's important for us as parents, caring adults and communities to help set young people on the path for a healthy future and support them as they work to create positive change.

Young people face many challenges during adolescence. Stereotypes and negative messages in the media (commercials, movies, celebrities, cartoons, and magazines) aren't making this process easy for them. How can we support teens during this time of change and discovery? Young people need age-appropriate information about healthy sexuality and relationships from trusted adults. It's time for adults and communities to be a resource to teens so they learn and grow. Adults need to educate themselves and start talking about healthy and appropriate adolescent sexuality.

The first step is to start an open and honest conversation. Ask questions, and most importantly, LISTEN. We can all play a role in modeling healthy behaviors, promoting positive life skills, and creating safe environments. It's important to empower the voices of youth and challenge negative, unhealthy messages. It's OK if you don't have all the answers. It's more important to welcome questions and learn together. To create a vision for a future without sexual violence, every voice can play a role in a healthier, safer tomorrow for all.

For more information or for help in planning a group discussion, contact The Thumb Area Assault Crisis Center at 1-800-292-3666.

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