



HIV/STD Prevention Program  
Community Health Services  
Alaska Native Tribal Health Consortium  
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Greetings,

Thank you for picking up our “Chat Pack” today! The materials are to help you as a parent/guardian take the first steps towards building a strong healthy communication relationship with your child.

Are you having a hard time talking to your child about their sexual health? You are not alone. Most parents/guardians feel they could use some help discussing sexuality with their children. Most parents/guardians want their kids to know about abstinence, contraception, and how to prevent HIV and other sexually transmitted infections (STIs), but they have a difficult time talking about sexuality with their children.

Although it may be challenging, talking about sexuality is important. Positive communication between parents/guardians and their kids can make a tremendous difference in establishing positive self-esteem and making healthy lifestyle choices.

In this packet you will find several tips that may help you in talking to your kids about these sensitive issues, facts about STIs, a resource sheet, and a condom with how to use instructions.

We hope you find all this information helpful. Thank you for joining our efforts against HIV/STDs/unplanned pregnancy among Alaska Native youth.

Take Care and Be Well,

A handwritten signature in black ink that reads "Jacquynne K. Richards". The signature is written in a cursive, flowing style.

Jaclynne Richards  
Community Outreach Specialist, HIV/STD Prevention Program  
Program website: [www.iknowmine.org](http://www.iknowmine.org)