

PATTHS for Dads Activities and Facilitator Guidance

PATTHS for Dads Activities

1. The Journey and the Sexuality Interview for Dads
2. Understanding Sexual Development from 0 to 18 Years Old
3. Wheel of Human Sexuality
4. Parent's Priorities Exercise
5. Birth Control Methods and Family Planning

The Journey and the Sexuality Interview for Dads

(if The Journey isn't appropriate for your group, skip to the Sexuality Interview)

1. Reading of the journey will allow an opportunity for the fathers to reflect upon how and where they learned about sexuality.
2. Explain to the group that you are going to take them all on a short journey. This journey will consist of them sitting back, relaxing, and closing their eyes. Explain that they might hear something's that might make some feel uncomfortable and that if they feel uncomfortable they should feel free to excuse themselves from the activity.
3. Read aloud from The Journey — read slowly over the journey while taking a few pauses in between to allow the group time to take in what you are saying.
4. At the conclusion of the journey ask the group to open their eyes and come back from their experience. Tell the group to take a few moments to sweep over all the memories they have just revisited.
5. Next ask the group to quietly think about this statement: Put yourself in the place of your children today. If you as an adolescent had all the concerns and pressures of growing up, going through puberty, and making decisions' about sex that you just revisited — what must your children be going through today?
6. Facilitate the group in a discussion of how things are different for teens today?
7. Next facilitate the group in a discussion of how things are the same.
8. Typically what happens here is that parents have an easier time thinking about how things are so different for their children now than 10, 20, 30 years ago. Some will say things are easier (computers, cell phones, transportation).

Some will say that things are more difficult (more pressures, more negative influence from the media)

9. Get parents to recognize how things are different as well as how they are also the same. The emotions their children go through (the need to fit in), the embarrassment teens feel (how do I ask someone out, does he/she like me) How they feel about their bodies during puberty — Many of these issues are no different than when the parents grew up.
10. With the pressures of media, culture, society, and peers — how we all react to this as teens growing up is no different. As fathers/parents it helps to tell teens how you can relate to what they are going through rather than distance yourself by saying to them — "things are so different for you than when I was growing up." When teens hear that things were different for you than for them — they have a harder time relating to you or taking advice from you because they don't feel you understand.

The Sexuality Interview

1. Have fathers now pair up and answer the question on the sexuality interview. Some may feel anxious about having to pair off — so tell them to share what they feel comfortable sharing. Or that they may work alone if they are more comfortable.
2. After about 10 minutes of working on the interview — facilitate a discussion as a group. Go over answers to the question. While answering questions remember to help fathers reflect on how they would want to do things differently with their own children today.

Understanding Sexual Development

1. Print copies of the Sexual Development from 0 to 18 Years Old, from the srcp.org website, and pass out to the group.
2. Have dads go through the age groups and pick out one for the age group one of their children fall into.
3. Give the fathers 5-8 min to read through the age group they have chosen picking out 1 to 3 points that jump out at them. In other words they should pick out something about that age group they did not know.
4. After time is up have fathers share the points of interest that they picked out with the group.
5. Have fathers think about how they might have a role in helping their child with that particular skill or area of development.
6. Encourage fathers to take information home and share with the other parent or spouse. These handouts should be used as a tool for parents to anticipate the levels of development their child will move into next as well.

Wheel of Human Sexuality

1. Show dads the "The Wheel of Human Sexuality"
2. For this section go into detail explaining each of the components of the wheel:
 - a. Body Image — how one feels about their body
 - b. Gender — how one feels about being male or female
 - c. Sexual Orientation — who one is sexually attracted to
 - d. Relationships — how one develops relationships
 - e. Love and Affection — ways in which we show we care for others
 - f. Sexual/Reproductive/Genital Health - learning about STD, contraception, puberty etc...
3. Discuss with group the importance of talking with your children about each of these components. Facilitate a discussion on how many parents focus on pregnancy and STD but often leave out the discussion on:
 - How people form relationships,
 - How does one show love and affection,
 - How society gives different messages to boys and girls about gender.
 - How children can learn to respect their bodies etc...
4. Ask dads to brainstorm one topic for each of the above components that they could talk about with their children and be prepared to share with the group. If dads have a difficult time coming up with answers — supply them a few ideas and ask them to think about ways they would approach the topic with their child.

Parent Priorities for Themselves and Sexually Healthy Adolescents

1. Ask parents to complete the Parent's Priorities Exercise worksheet. They are to use a number only once and rank them in order of importance
2. Give group about 5-8 min to work on this worksheet independently. Do not give the group any feedback as to which one should be ranked how.
3. After time is up — read each one out loud and ask for a show of hands on how many people ranked it as #1.
4. Ask for a few participants to give some input into why they chose their #1 choice.
5. Finish by talking about how there is no right or wrong answer. That it is a parent's priority to talk about each of those with their children and to think about them in their own lives. Parents should know that each of those are equally important to discuss. Further talk about how the statement of "having open communication..." really opens up a parent's ability to talk about all the others and could be #1 choice. As parents discuss each of these priorities with their children they need to be able to express their reason for valuing it as important for themselves and their children. Encourage them to think about how they will explain the priorities to their children. The same is true for their conversations with their partners.
6. Follow-up with the dads periodically to see how their conversations have gone, or how their plans for conversations are developing.

Birth Control Methods and Family Planning

(Go to your local family planning clinic and collect or purchase as many methods of birth control as you possible for this activity. If possible, purchase a wooden penis for the condom demonstration.)

1. Teach the group about each method of birth control, passing the method around and using bedsider.org to describe them in detail. Use the [bedsider](http://bedsider.org) videos as needed. Encourage the dads to explore the website on their own at home, on their phone, at the library or in the agency's computer lab.
2. Ask fathers to talk about methods they have used and how they worked for them and their partners.
3. Demonstrate the correct way to put on a condom, using a wooden penis.
4. Ask the group One Key Question – “Do you want to have a baby in the next year?” Ask fathers to share their answer and how they plan to have a baby at the best time for themselves, their partner and family, or how they plan to prevent a pregnancy. Ask the fathers that answered “no”, if they ever want to have another baby. If they answer “no”, ask about sterilization/vasectomy. Encourage the fathers to discuss when they would consider vasectomy. Show the bedsider.org video of Daniel discussing his choice to have a vasectomy at age 26.
5. Facilitate a discussion about birth spacing and family size.