



Eggleston
YOUTH CENTERS, INC.

Building **Healthy** Conversations

Resources, education, and support to help parents and caregivers talk openly with youth about relationships, sexual health, and making informed decisions.



Start the Conversation

Open, Honest Communication Makes a Difference

Talking to your child about sex and sexual health may feel uncomfortable at first, but open and honest conversations can have a lasting positive impact. These discussions do not have to be one big “talk”—they can happen naturally over time as your child grows and asks questions. Use language that feels comfortable and easy to understand, and encourage your child to share their thoughts, concerns, and questions. Listening carefully and responding with patience, respect, and honesty helps build trust and creates a safe space for communication. Even admitting when you do not have all the answers can strengthen the conversation and show your child that learning together is okay.




Supporting Healthy Decisions


Guidance, Support, and Education for Families

Parents and caregivers play an important role in helping youth make informed and healthy decisions. Research shows that when parents have respectful, non-judgmental conversations about sex and relationships, young people are more likely to delay becoming sexually active and practice safer behaviors when they do. Maintaining a calm attitude, using humor to ease tension, and reminding your child that they are loved and supported can make these conversations more effective and meaningful. EYC Programs are available for youth ages 12 and older and their families, offering services such as HIV/STD education, parenting groups, and family counseling to provide additional guidance, support, and resources.

Contact Us

 **Irwindale, CA**
13001 Ramona Blvd, Suite E+J

 **Monday - Thursday** 8:30 AM – 9:00 PM
Friday 8:30 AM - 5:00 PM
Saturday and Sunday Closed

 **Phone**
(626) 472-6000