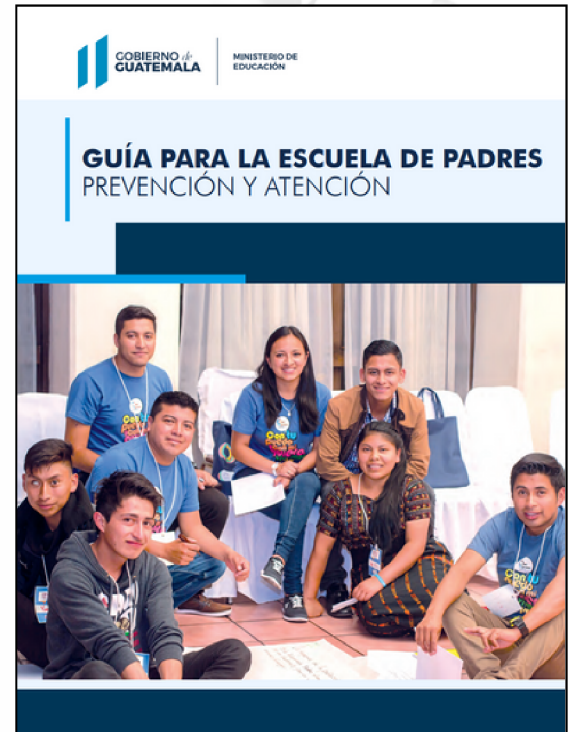


Protego EDUCATION



THE PARENT GUIDE PROGRAM

- The Protego Education - Parent Guide equips parents to guide and support their children toward optimal health through teaching, listening, and connecting and in the context of family values and relationships.
- A joint project between IWH and The Ministry of Education of the Government of Guatemala, the Parent Guide is being distributed throughout public schools across Guatemala.
- The Parent Guide supports optimal health- physical, intellectual, emotional, social, and spiritual well-being that promotes resilience and human flourishing



AT THE INSTITUTE FOR WOMEN'S HEALTH,
WE BELIEVE IN:

Celebrating Youth

Promoting optimal health of young people for a bright future.

Celebrating Parents

Affirming their primary role in protecting and promoting the health of their children.

Celebrating Partnership

Strengthening collaboration between IWH and The Ministry of Education of the Government of Guatemala, to produce a country-wide education initiative.

KEY HEALTH CHALLENGES:

- Promoting healthy puberty and adolescence
- Avoiding adolescent sexual activity, sexually transmitted diseases (STDs), and other health risks
- Preventing violence, exploitation, and abuse
- Preparing for healthy relationships and future families

PROJECT EXPANSION:

Future partnerships where the Parent Guide content can be contextualized for different countries, and can include school curriculum and resources for community and faith-based groups.

WHAT IS IN THE PARENT GUIDE?

WHAT MAKES THE PARENT GUIDE UNIQUE?

- It supports parents as primary educators of their children to share values, traditions, and faith regarding character, relationships, reproduction, and families.
- The research-based guide promotes optimal health: physical, intellectual, emotional, social and spiritual well-being.
- Each government adapts the Guide to their culture, country, and schools.
- Complementary resources and curriculum can be developed for schools and faith-based communities.



SESSIONS FORMAT:

*Each 30-45 minute session has three components- Learn, Discuss, Do Together

1. Instruction with several subtopics to include information and short stories/examples
2. Discussion questions (by age- early elementary, older elementary, adolescents)
3. Guided Shared Activities

8 GENERAL SESSIONS

POSITIVE CHARACTER

1. Valuing Children and Family
2. Strengthening Character
3. Making Healthy Decisions
4. Setting Goals
5. Setting and Communicating Boundaries/ Resisting Risks

HEALTHY RELATIONSHIPS

6. Connecting with Parents and Family
7. Forming Strong Friendships
8. Preparing for Marriage

4 SPECIAL SESSIONS

SENSITIVE TOPICS

For older elementary, middle and high school only:

- A. Understanding Puberty (Separate lessons for Girls and Boys)- Growth and development
- B. Understanding Reproduction- Fertilization and pregnancy
- C. Making Smart and Healthy Decisions about Sex

FOR MORE INFORMATION
SCAN HERE



Because when women thrive ...we all do.



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