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# Sexual & Reproductive Healthcare

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## Letter to the Editor

### Parent–child communication for youth HIV prevention in Kenya: Letter to the Editor in response to “Voices unheard: Youth and sexuality in the wake of HIV prevention in Kenya”

Dear Editor,

We read “Voices unheard: Youth and sexuality in the wake of HIV prevention in Kenya” with great interest, and would like to share information that relates directly to the conclusions reached in this paper. The Families Matter! Program [1], is an evidence-based intervention that increases parent–child communication about sexuality and sexual risk and provides parents the skills, knowledge and confidence to talk with their children about sex early and often [2]. The program addresses many of the issues highlighted in the paper’s results, including parental barriers to communication and youth peer pressure. To date over 100,000 Kenyan parents/guardians in 7 provinces have received the Families Matter! intervention. The program is also being implemented in seven additional African countries. The Families Matter! Program has been very well received in Kenya. Parents and caregivers consistently report very high levels of satisfaction and intention to communicate with their children, with retention of participants above 90% across the five intervention sessions.

Thank you for publishing this important research highlighting the importance of open communication between youth and trusted adults.

*The findings and conclusions of this letter are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.*

## References

- [1] Poulsen MN, Vandenhoudt HA, Wyckoff SC, Obongö C, Ochura J, Njika G, et al. Cultural adaptation of a US evidence-based parenting intervention for rural Western Kenya: from parents matter! to families matter! *AIDS Educ Prev* 2010;22(4):273–85.
- [2] Vandenhoudt HA, Miller KS, Ochura J, Wyckoff SC, Ochieng F, Odera W, et al. Evaluation of a US evidence-based parenting intervention in rural Western Kenya: from parents matter! to families matter! *AIDS Educ Prev* 2010;22(4):328–43.

Sincerely,  
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