

Huckleberry Youth Health Center's Health Education Workshops 2019

SEXUAL HEALTH*

Reproductive Anatomy

- Increase knowledge of reproductive anatomy (male, female, intersex)
- Describe fertilization and conception
- Normalize human anatomy and bodily functions
- Empower students to make healthy decisions regarding their sexual health
- Increase student self-care behaviors

STIs (Sexually Transmitted Infections)

- Presentation of viral, bacterial, parasitic STIs
- Discussion of prevention- brief introduction to barrier methods
- Discussion on talking about protection and STIs with partners

HYPE (HIV/AIDS Youth Prevention Education program)– A three session (four day) comprehensive curriculum about HIV/AIDS including hearing from a speaker affected by HIV*

- Session 1: The Facts – Interactive informational session on the biology of HIV and transmission
- Session 2: HIV around the world– Exploring stereotypes and stigma around HIV and AIDS
- Session 3: HYPE Speaker Day– A speaker affected by HIV tells their life story followed by Q&A session

**Please note: there is a separate request form for HYPE. Also, because we work with speakers, we will need more advance notice to schedule HYPE.*

We require teachers to have covered Reproductive Anatomy and STIs before any HYPE presentation.

Barrier Methods – An overview of barrier methods (condoms) for safer sex

- Overview of latex & polyurethane barriers (external and internal condoms, latex gloves, finger cots & dental dams)
- Demonstration of all listed barriers and opportunity for student practice
- Interactive games including “POP! Goes the Condom!” (Shows the effects of oil based lubricants on latex)
- ***(Note: this workshop does not include information on hormonal birth control)***

Birth Control Methods and Contraception – All about birth control and the steps of pregnancy

- In depth look at current birth control methods including: hormonal and non hormonal birth control methods and abstinence.
- Discussion of factors to take into consideration when choosing a birth control method
- ***(Note: this workshop does not include information on condoms/barriers)***

**Sexuality education through Cole Street Clinic emphasizes knowledge and skills for making healthy decisions. Topics dealing with sexuality include discussion of abstinence as well as the choice to engage in sexual activities.*

HEALTHY LIVING

Healthy Relationships

- Examine healthy and unhealthy relationship dynamics
- Recognize happiness and self-respect as key factors in a healthy relationship
- Discuss personal boundaries and sexual decision-making as they exist in relationships
- Discuss the significant meanings of consent and trust within a healthy relationship
- Explore the technology aspect that become more prevalent and how it plays a role in relationships

Healthy Sexuality

- Discussion of definitions of sexuality and sexual behavior
- Dialogue on messages about sex and sexuality and who provides those messages
- Introduce ideas of “knowing your normal”, understanding one’s sexual health and STI testing
- Introduction to concepts of establishing boundaries and creating and understanding our own personal sexuality
- **(Note: this workshop does not include information on sexual orientation or identities)**

Body Image – A two-session workshop on the basics of body image

- Brainstorm what is body image and who creates the messages about what body should look like
- Increase awareness of media’s influence on body image
- Interactive activity showing societal perceptions/expectations vs reality

Puberty 101 – Taking the mystery out of puberty for middle school age students

- Presentation of timeline of development during puberty and hygiene

Puberty 201 – Anatomy and a look at societal influence on understanding the body for high school age students

- Increase knowledge about the physical, social, emotional, and sexual development that occurs in the human body for male and female

Alphabet Soup: Anti-Homophobia and Issues Affecting LGBTQIQ (Lesbian Gay Bisexual Transgender Queer Intersex and Questioning) Youth

- Understand and identify terminology regarding LGBTQIQ+
- Match-up game to learn terms and definitions
- Learn how to be an ally for LGBTQIQ youth

Intimacy and Media Literacy

- Presentation of concepts of pornography, media literacy and sex positivity
- Identify what does constitute as pornography
- Increase ability to identify what is Porn World vs. Real World
- Present activities that help students identify healthy and unhealthy characteristics in relationships, boundaries, and consent.

Sex: Making It Right for You – A workshop on sexual decision-making skills

- Explore messages about sexuality
- Identify personal values surrounding sexual behavior and pros/cons
- Personal exploration of boundaries and readiness for sexual activity

Substance Use – Alcohol, Tobacco, and Other Drugs

Substance Use 101 - An introduction to substance use education suitable for middle school youth (ages 10-13)

- Exploring effects of alcohol, tobacco and other drugs
- Understand basic concepts of harm reduction
- Learn about making healthy choices

Substance Use 201 - An in depth look at substances and substance use suitable for high school youth (ages 14-21)

- Exploration of different substances and issues related to substance use
- Understand basic concepts of harm reduction
- Exploration of a variety of issues related to substance use, including factual information about drugs and their effects, reasons people use and choose not to use, and addiction

