

# Huckleberry's Cole Street Clinic Health Education Groups

## SEXUAL HEALTH\*

### **Healthy Sexuality - An introduction to the concepts of sex, sexuality, and sexual orientation**

- Brainstorm and discussion of definitions of sex, sexuality and sexual orientation
- Dialogue on messages about sex and sexuality and who provides those messages
- Interactive jeopardy game including information about sexual myths, sexual activity, health services, STIs (Sexually Transmitted Infections), safer sex, and birth control.

### **Protect Yourself! STIs (Sexually Transmitted Infections) - The truth about STIs: protection, transmission, symptoms, testing, and treatment options.**

- Brainstorm and discussion of STIs
- Interactive game in which the student "health professionals" diagnose their peer's "STIs"
- Activity to determine which sexual behaviors are no risk, low risk, medium risk and high risk
- Hands on demonstrations of male and female condoms and other latex and polyurethane barriers
- Discussion on talking about protection and STIs with partners

### **HIV/AIDS – How much do you know about HIV/AIDS and how at-risk are you?**

- Brainstorm of terms and definitions
- Interactive jeopardy game
- Discussion and demonstration of barriers that help prevent transmission

### **HYPE (HIV/AIDS Youth Prevention Education program)– A four session comprehensive curriculum about HIV/AIDS including hearing from a speaker living with HIV\***

- Session 1: Facts and Figures of HIV – Interactive informational session on the basics of HIV
- Session 2: Busting Myths – Exploring values and myths around HIV and AIDS including viewing and discussion of a youth written movie
- Session 3: HYPE Live! – One or two speakers living with HIV tell their life stories followed by Q&A session
- Session 4: Protect and Prevent – Discussion and demonstrations on safer sex and barrier use

*\*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.*

### **All About Latex and Other Barriers – An overview of barrier methods for safer sex**

- Overview of latex & polyurethane barriers (male & female condom, latex gloves, finger cots & dental dams),
- Interactive games including "POP! Goes the Condom!" (Shows the effects of oil based lubricants on latex)

### **Contraception and Pregnancy – All about birth control and the steps of pregnancy**

- In depth look at current birth control methods including: latex barriers, other barrier methods, and abstinence.
- Interactive game from conception to pregnancy and birth
- Discussion of factors to take into consideration when choosing a birth control method

### **Sex: Making It Right For You – A workshop on sexual decision-making skills.**

- Explore message about sexuality
- Interactive game and discussion around values and sexuality
- Boundaries brainstorm and game
- Build communication and negotiation skills
- Personal exploration of boundaries and readiness for sexual activity

### **Health Education Jeopardy – An overview of basic concepts of health education**

- Interactive jeopardy game covering the basic concepts of health education
- Includes questions on STIs, HIV/AIDS, birth control, drugs, and reproductive anatomy.

*\*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.*

## **Huckleberry's Cole Street Clinic Health Education Groups**

### **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
- Interactive Drug Jeopardy game
- 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

### **HEALTHY LIVING**

#### **The Mirror Image: Body Image and Eating Disorders – A two-session workshop on the basics of body image and eating disorders**

- 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
- Explore different eating disorders and their causes
- Learn how to talk to peers about eating disorders

#### **What's Going On? Puberty 101 – Taking the mystery out of puberty *for middle school age students***

- Brainstorm time line of development during puberty and hygiene
- Journal writing on mental and physical changes
- Interactive Tic-Tac-Know game

#### **We Know What's Going On, Tell Us More: Puberty 201 – Anatomy and a look at societal influence on understanding the body *for high school age students***

- Interactive games to learn the terms, locations, and function of organs in female and male anatomy. (This includes talking about Intersex as well.)
- Discussion of and critical thought about terms (slang and technical) given to male and female anatomy

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

- Understand the process of and feelings behind coming out
- Match-up game to learn terms and definitions
- Learn how to be an ally for LGBTQIQ youth

## **PROVIDER and PARENT TRAININGS**

### **Working with Youth – Learn about youth from youth**

- Increase your comfort level in working with youth
- Learn about the unique issues youth face
- Role plays and Q&A with youth who will present the topic

### **Let's Talk About Sex - At a loss for how to talk to youth about sex?**

- Confront the fears adults have in talking to youth about sex
- Role play with Cole Street Clinic's Peer Health Educators
- Education on safer sex
- How-to skills to talk openly, honestly, and comfortably with youth about sex

### **Sex, Drugs & Rock n' Roll – Talking with your Teen about Substance Use**

- Confront the fears you have in talking to your child(ren) about sex
- Role play with Cole Street Clinic's Peer Health Educators
- Learn more about substance use among youth
- Analyze personal relationship with substances
- Learn and practice the “how to's” of talking to youth about substance use

### **Sex, Drugs & Rock n' Roll – Talking with your Teen about Sex and Dating**

- Understand your family's communication style around sex and dating
- Learn that sexual development occurs on a continuum
- Learn how to listen actively
- Learn and practice basics of counseling/communication

### **What Did You Ask? – How to Work with Youth as a Provider**

- Learn appropriate boundaries when talking with youth about intimate topics
- Understand how to answer questions about sexuality, sexual orientation, substance use and mental health
- Learn what information is ok to share and when to refer youth to other services

Dear Educator,

Thank you for requesting a group from Huckleberry's Cole Street Clinic. We look forward to providing an educational, fun, and stimulating presentation. In order to assure a positive learning environment, it is important that you understand what we need from you when we come to your site.

Please take a few moments to look over the following list of responsibilities that we ask of you to ensure that your group runs smoothly:

- Please, when requesting a group, *share your insight into what you feel your students need*. For example: if something is critical for an exam your students may be taking, please let us know so we can answer questions and tailor our presentation to better fit your groups' needs.
- It is important and necessary that *you participate* in the groups in order for them to run smoothly. Participation means *you, or a colleague, are in the room at all times; you help enforce school/site policy; you help maintain the focus and concentration of the group*.
- *You are our authority on school/site policy*. Because you know policy best, you need to help implement it. This means that if a policy is no gum chewing, we will need you to be on the lookout for gum chewers, etc.
- There are times when we will split your group into smaller groups to facilitate learning. *We may need your help to oversee the working groups*. Please be available to help us!
- If youth become disrespectful to us or to each other, and we cannot help to refocus their attention in more positive ways, and *you cannot help them, we may stop the group*. If this happens, we will work with you to reschedule the group at a time that is convenient for both you and Cole Street.
- *If this presentation is for an after-school program, please ensure that you have signed permission slips* (for parent/guardian OK of their student to be involved with the subject matter) for all participants.

Thank you for your request and we look forward to working with you!

Sincerely,

Huckleberry's Cole Street Clinic Health Education Team

Revised 6.6.2013

# Presentation/Group Request Form

Organization/Agency \_\_\_\_\_ Phone \_\_\_\_\_ x \_\_\_\_\_

Contact Person \_\_\_\_\_ Fax \_\_\_\_\_

Address (please include cross street and zip code) \_\_\_\_\_

Email \_\_\_\_\_ Room # \_\_\_\_\_ Bus Lines \_\_\_\_\_

Do you have access to a projector for Power Point presentations? Yes No

**Topic(s) Requested:** (If you check more than one topic, please rank topics in order of preference on the line)

- |   |   |
|---|---|
| <input type="checkbox"/> ___ Healthy Sexuality                                      | What's Going On? Puberty  |
| <input type="checkbox"/> ___ Protect Yourself! (STIs)                               | <input type="checkbox"/> ___ Puberty 101 (middle school)  |
| <input type="checkbox"/> ___ HYPE (HIV/AIDS)*<br>* Please use the HYPE Request Form | <input type="checkbox"/> ___ Puberty 201 (high school)  |
| <input type="checkbox"/> ___ All About Latex  | <input type="checkbox"/> ___ Alphabet Soup: Anti-Homophobia<br>and Issues Affecting LGBTQIQ Youth |

## Provider and Parent Trainings

- |   |   |
|---|---|
| <input type="checkbox"/> ___ Contraception and Pregnancy                          | <input type="checkbox"/> ___ Working with Urban Youth                       |
| <input type="checkbox"/> ___ SEX: Make It Right For You                           | <input type="checkbox"/> ___ What Did You Ask?                              |
| <input type="checkbox"/> ___ Health Education Jeopardy                            | <input type="checkbox"/> ___ Let's Talk About Sex                           |
| <input type="checkbox"/> ___ The Mirror Image: Body Image and<br>Eating Disorders | <input type="checkbox"/> ___ Talking with Your Teen About<br>Substance Use  |
| <input type="checkbox"/> ___ Substance Use 101                                    | <input type="checkbox"/> ___ Talking with Your Teen About Sex and<br>Dating |

## Tabling

- |  |  |
|--|--|
| <input type="checkbox"/> ___ Substance Use 201 | <input type="checkbox"/> Health Fair   |
|  | <input type="checkbox"/> Resource Fair |
|  | <input type="checkbox"/> Job Fair      |

**Dates requested:** (Please note that currently we are not scheduling presentations for Mondays):

1<sup>st</sup> choice date: \_\_\_\_\_ 2<sup>nd</sup> choice date: \_\_\_\_\_ 3<sup>rd</sup> choice date: \_\_\_\_\_

**Times requested:** (Please list class period times for which you are requesting group):

1<sup>st</sup> choice time: \_\_\_\_\_ 2<sup>nd</sup> choice time: \_\_\_\_\_ 3<sup>rd</sup> choice time: \_\_\_\_\_

# students are in your class/workshop? \_\_\_\_\_ What grade(s) are your classes? \_\_\_\_\_

**Notes/Comments that would be helpful for us to know when preparing for your workshop:** (i.e. class is majority English learners.)

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*If you have any questions, please call our Community Health Coordinator at 415.386.9398.  
Please fax completed request forms to 415.386.8212, Attn: Community Health Coordinator.*

## **HYPE** Presentation Request Form

**Organization/Agency** \_\_\_\_\_ **Contact Person** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone** \_\_\_\_\_ **x** \_\_\_\_\_

**Email** \_\_\_\_\_ **Fax** \_\_\_\_\_ **Room #** \_\_\_\_\_

**Do you have access to a projector?**    Yes            No

**Dates requested:** *(Please choose **four days** and **indicate the time**):*

1<sup>st</sup> choice series:

\_\_\_\_\_

2<sup>nd</sup> choice series:

\_\_\_\_\_

3<sup>rd</sup> choice series:

\_\_\_\_\_

**How many students are in your class/workshop?** \_\_\_\_\_

**What grade level are your students?** \_\_\_\_\_

**Notes/Comments that would be helpful for us to know when preparing for your workshop:** *(i.e. class is majority English learners.)*

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*If you have any questions, please call our Community Health Coordinator at (415) 386-9398  
Please fax completed forms to (415) 386-8212, Attn: Community Health Coordinator*