

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.***

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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

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

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 TV/VCR for video-based presentations? Yes No

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

- Healthy Sexuality
- Protect Yourself! (STIs)
- HYPE (HIV/AIDS)*
* Please use the HYPE Request Form
- All About Latex
- Contraception and Pregnancy
- SEX: Make It Right For You
- Health Education Jeopardy
- The Mirror Image: Body Image and Eating Disorders
- Substance Use 101
- Substance Use 201
- What's Going On? Puberty
 - Puberty 101 (middle school)
 - Puberty 201 (high school)
- Alphabet Soup: Anti-Homophobia and Issues Affecting LGBTQIQ Youth

Tabling

- Health Fair
- Resource Fair
- Job Fair

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

1st choice: _____ 2nd choice time: _____ 3rd choice time: _____

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

1st choice: _____ 2nd choice time: _____ 3rd choice time: _____

How many students are in your class/workshop? _____

What grade(s) are your classes? _____

Notes: _____

*If you have any questions, please call our Health Education Coordinator at 415.386.9398, ext: 322.
Please fax completed request forms to 415.386.8212, Attn: Health Education Coordinator.*

HYPE Presentation Request Form

Organization/Agency _____ Contact Person _____

Address _____ Phone _____ x _____

Email _____ Fax _____ Room # _____

Do you have access to a TV/VCR? Yes No

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

1st choice series:

Date: _____ Time: _____, Date: _____ Time _____, Date: _____ Time: _____, Date: _____ Time: _____

2nd choice series:

Date: _____ Time: _____, Date: _____ Time _____, Date: _____ Time: _____, Date: _____ Time: _____

3rd choice series:

Date: _____ Time: _____, Date: _____ Time _____, Date: _____ Time: _____, Date: _____ Time: _____

How many students are in your class/workshop? _____

What grade level are your students? _____

Notes:

*If you have any questions, please call our Health Education Coordinator at (415) 386-9398, ext: 322
Please fax completed forms to (415) 386-8212, Attn: Health Education Coordinator*