

# Huckleberry Youth Health Center's Health Education Workshops 2019-2020

**Note: We are no longer able to provide Healthy Living workshops such as Body Image, Substance Use, Puberty, Healthy Relationships, Alphabet Soup.**

## **Reproductive Anatomy**

- Increase knowledge of reproductive anatomy (bodies with penises, vaginas, intersex)
- Describe fertilization, conception and steps to pregnancy
- 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 and may not be able to fulfill all requests.**

**Teachers must cover Reproductive Anatomy and STIs before any HYPE presentation and provide date of lessons before scheduling HYPE.**

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

- Overview of latex & polyurethane barriers (external and internal condoms, dental dams)
- Demonstration of all listed barriers and opportunity for student practice
- **( Note: this workshop does not include information on hormonal birth control)**

### **Birth Control Methods and Contraception – All about birth control**

- 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 extensive information on condoms/barriers)**

### **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)**

### **Intimacy and Media Literacy**

- Presentation of concepts of pornography, media literacy and sex positivity
- Identify what does constitute as pornography
- Increase ability to understand why pornography cannot be used as sex education and implications of this idea
- Present activities that help students identify healthy and unhealthy characteristics in relationships, boundaries, and consent

*\*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.*

