

Teen Talk MS Session Break Down with Goals and Objectives

Curriculum Overview

Teen Talk MS uses participatory teaching methods that actively involve the students and allow for discussion and reflection. Teen Talk MS was designed for student 12-14 years old to:

- Increase knowledge and decision making capacity about pregnancy prevention, STI protection, and birth control
- Reduce misinformation and myths about sexual health topics
- Increase comfort communicating with parents or other trusted adults
- Teach tolerance and respect
- Increase refusal and negotiation skills
- Clarify personal values
- Increase self-efficacy to engage in protective sexual health behaviors
- Increase knowledge about accessing clinical services

Session 1-Introduction to Health Connected – Thursday, September 7

Goals

- Create a safe space for students to discuss sexual health topics and the legal requirements of adults to ensure their safety
- Provide opportunities for students to ask sexual health questions throughout the program without embarrassment
- Determine baseline knowledge of sexual health topics
- Afford practice of identifying and articulation their personal beliefs and values within a peer environment
- Inform student of their reproductive and sexual health rights and resources
- Establish the importance of maintaining an open dialogue with parents and trusted adults when communicating about sexuality and relationships

Objectives

- Set group agreements that create a safe and inclusive environment for all youth.
- Understand the CA mandated reporting requirements.
- State 2 values they hold about sexual health, relationships, or gender/sexuality.
- Provide names of 2 local health care providers where they can access confidential medical services.
- Utilize the Anonymous Question Box.

Session 2-Sexual and Reproductive Anatomy – Friday, September 15

Goals

- Learn about the diversity and functions of the sexual and reproductive systems
- Recognize the difference in sexual and reproductive body parts among people are normal and do not affect reproductive ability

Objectives

- Describe sexual and reproductive body part functions and location.
- Describe the process of human conception using proper anatomical and physiological terminology.

Session 3-Sexual Identity – Friday, September 22

Goals

- Understand the diversity of sexual identities and the importance of being inclusive of all gender and sexual identities
- Understand that sex, gender, gender expression and sexual orientation are different and each fall on a spectrum of identities
- Analyze cultural impact on attitudes about gender, orientation and expression

Objectives

- Define sex, gender, gender expression and sexual orientation.
- Describe what LGBTQ+ means.
- Articulate their values held about sexual orientation and gender identity.
- Advocate for safe environments for all people to feel safe.

Session 4-Abstinence and Birth Control – Friday, September 29

Goals

- Understand what risks can be associated with specific types of sex
- Learn that not have sex (abstinence) is the most effective way to prevent pregnancy and STIs
- Understand the importance of communication and trust in a sexual relationship
- Practice communicating with friends and partners about sexual pressure
- Evaluate what makes someone ready for sex
- Emphasize communication with a trusted adult to support sexual health decision making
- Learn about all the FDA approved birth control methods and their effectiveness rate
- Determine which birth control methods offer STI protection

Objectives

- Define oral, anal and vaginal sex
- Define and articulate at least 2 benefits of abstinence.
- Discuss ways to deal with pressure to have sex and alternative to having sex.
- Explain 1 reason why someone may choose to have sex and choose not to have sex.
- Provide 2 strategies for resisting pressure to engage in sexual activity by a friend or partner.
- Identify 2 ways to demonstrate affection or intimacy that do not put one at risk for pregnancy and STIs
- Discuss decision-making process for having sex
- Name 3 different kinds of contraception.
- Describe proper use of 1 birth control method and where to get it.
- State the effectiveness rate for 1 birth control method and whether or not it offers protection from STIs
- Understand differences between hormonal, barrier or behavior birth control methods

Session 5-Pregnancy Options and STIs – Thursday, October 26

Goals

- Identify all legal options in the US for a person who becomes pregnant
- Discuss why or why not someone might choose a particular option if they become pregnant
- Identify resources for a person who becomes pregnant
- Understand what an STI is, including HIV/AIDS
- Identify what makes a STI curable or treatable
- Identify places to receive STI testing and treatment

- Discuss ways to support people who have an STI, including HIV/AIDS
- Increase the likelihood of condom use when a person decides to have sex

Objectives

- Name all the legal options available to a person who become pregnant.
- Articulate 1 reason why someone may or may not choose each option.
- Articulate their beliefs and values about the different pregnancy options.
- Name 2 resources a person who becomes pregnant can see for medical care and support.
- Name 3 STIs.
- Describe 1 cause, mode of transmission, symptom and long-term effects of STIs
- Demonstrate the correct steps to use a condom.

Session 6 Healthy Relationships, Sex in the Media and Wrap Up - Friday, October 27

Goals

- Understand different forms of relationship abuse and their indicators
- Emphasize abusers' responsibility and avoid survivor-blaming
- Discuss resources to help teenagers seek help if they are in an unsafe relationship
- Analyze how media influence our cultural ideals about sex, relationships, and sexuality.
- Define the following sexual crimes: sexual harassment, sexual assault, rape and sex trafficking
- Learn about the warning signs of sex trafficking
- Ensure students know where they can go after Teen Talk MS is complete if they have additional questions or need additional health services

Objectives

- Identify 2 signs of a healthy relationship.
- Identify 2 signs of an unhealthy relationship.
- Identify 2 ways they can support peers in abusive or violent relationships.
- Articulate how mass media influence our perceptions of ourselves and our relationships.
- Identify 2 ways what print media set unrealistic or confining expectations about bodies, gender and sexuality.
- Define sexual harassment, sexual assault and rape.
- Discuss the importance of reporting sexually abusive behavior.
- Identify resources or trusted adults to seek help from if a teen friend is in an unsafe situation.
- Identify a trusted adults that they can go to if they have additional questions.
- State 2 local clinics where they can go for health care services now or in the future.
- Articulate 2 sexual health topics discussed during Teen Talk MS that most stood out to them.