

Huckleberry Youth Health Center's Health Education Workshops

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

Reproductive Anatomy

- Increase knowledge of reproductive anatomy and conception
- Describe fertilization and conception
- Normalize anatomy and bodily functions
- Empower students to make healthy decisions regarding their sexual health
- Increase student self-care behaviors

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 (Single Session) – 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.*

**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.*

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)

Birth Control Methods and Contraception – 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.

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

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
- 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 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

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