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Teens PACT “More Than Just Sex” Curriculum

Contact Person: _____ Title: _____

Organization/Youth Program: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

The workshops are designed specifically for teens and can be presented by Teens PACT Health Educators and Teen Peer Leaders. Each workshop is approximately 60-90 minutes long. Peer led workshops are available only after 3:30pm.

Three videos from our award-winning series, “**Somethin’ to Think About**” are featured in select workshops. A brief description of each video is listed below:

- **“Do the Right Thing”** examines the **pressure young people feel to have sex before they are ready**. Travis and Chastity are in a committed relationship and he respects that she’s not ready, but he’s not sure how much longer he can wait. When Chastity’s friend, Maria, makes her move, Travis is forced to choose between sex and his relationship.
- **“The Little Things”** examines the **healthy and unhealthy aspects of teen relationships**. As Keisha and Lamar navigate through tender moments and abusive explosions, Keisha struggles to find her voice while Lamar struggles to maintain control.
- **“Taken Care Of”** addresses **teen pregnancy, condom use, and partner communication**. The audience will experience the challenges of 14-year-old Trina as she faces the conflict between advocating for her own needs and the fear of losing her 17-year-old boyfriend in the process.

There are three ways to go about requesting workshops: You may request an individual workshop, multiple workshops in your preferred order, or all available workshops in the order listed. Individual workshop topics are listed on the next page.

We *highly recommend* selecting all available workshops in the order listed. Research has shown that the longer the curriculum is, the greater the impact it has.

For prompt responses to your requests:

Brooklyn and Lower Manhattan area, please fax this completed form to:
 Natasha Harvell, Site Coordinator at 718-387-6895/email: Nharvell@chnnyc.org

Harlem and Washington Heights area, please fax this completed form to:
 Fabian Ferguson, Site Coordinator at 212-426-8367/email Fferguson@chnnyc.org

Please allow at least 2 weeks notice for all workshop requests

Topics	Date Requested	Time	Number of youth and age range
<p>1. Self-Esteem and Body Image (Part1) Participants will:</p> <ul style="list-style-type: none"> • Define high and low self-esteem and body image • Understand how body image affects one's self-esteem • Learn how to build one's self esteem and body image 			
<p>2. Eating Disorders (Part2) Participants will:</p> <ul style="list-style-type: none"> • Discuss different types of eating disorders • Learn about the effects and dangers of eating disorders 			
<p>3. Links between Body Image and Sexual Health <i>Featuring: Somethin' to Think About video, "Do the Right Thing"</i> Participants will:</p> <ul style="list-style-type: none"> • Make connections between negative body image and sexual decision making 			
<p>4. Goal Setting and Future Planning: Participants will:</p> <ul style="list-style-type: none"> • Understand the difference between short-term and long-term goals • Assess goals • Learn steps to accomplishing goals • Reassess unaccomplished goals 			
<p>5. Gender Roles Participants will:</p> <ul style="list-style-type: none"> • Understand the difference between sex and gender • Discuss ways that gender stereotypes affect lives • Discuss how gender roles are perpetuated in society 			
<p>6. Sexual Values, Decision Making and Communication <i>Featuring: Somethin' to Think About video, "Taken Care Of"</i> Participants will:</p> <ul style="list-style-type: none"> • Define values • Explore decision making skills and how values impact decisions • Learn strategies that can enhance effective communication and identify barriers to effective communication • Learn various refusal skills 			
<p>7. Peer Pressure <i>Featuring: Somethin' to Think About video, "Do the Right Thing"</i> Participants will:</p> <ul style="list-style-type: none"> • Define peer pressure • Different types of peer pressure • Focus on peer pressure to have sex or unsafe sex 			

<p>8. Teen Relationships: Healthy vs. Unhealthy <i>Featuring: Somethin' to Think About video, "The Little Things"</i></p> <p>Participants will:</p> <ul style="list-style-type: none"> • Define relationships • Examine what makes a relationship healthy • Identify signs of an unhealthy relationship 			
<p>9. Violence and Abuse in a Teen Relationship</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Identify signs of being a victim of abuse • Identify signs of being an abuser • Examine why teens stay in an abusive relationship 			
<p>10. Internet Bullying and Sexting <i>*This session will be available beginning September 2011*</i></p> <p>Participants will:</p> <ul style="list-style-type: none"> • Examine the concept of bullying • Discuss teens' relationship with technology • Identify best practices for bullying prevention • Identify youth's risks online - predators, sexting, cyber bullying • Intervention: What to do if cyber bullying occurs? • Cyber bullying resources 			
<p>11. Adolescent Development</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Learn the basics of male and female reproductive anatomy • Identify common concerns about changes that occur during puberty • Recognize the normal variation in shape, form and rate of development of their bodies 			
<p>12. Reproductive Health</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Distinguish helpful from useless and/or harmful health and hygienic practices that accompany puberty • Learn the female menstrual cycle • Learn the importance of male and female self-exams (testicular and breast exams) 			
<p>13. Reproductive Rights</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Learn valuable information regarding teens' rights to reproductive healthcare services 			
<p>14. Teen Pregnancy and Pregnancy Options</p> <p>Participants will:</p> <ul style="list-style-type: none"> ▪ Learn how pregnancy occurs ▪ Dispel myths regarding effective vs. ineffective contraception ▪ Learn pregnancy options 			

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Thank you and we look forward to working with you!