

# CHOICE

Concern for Health Options: Information, Care, and Education

1233 Locust Street • Suite 301 • Philadelphia, PA 19107

Phone (215) 985-3355 • Fax (215) 985-2838

[www.choice-phila.org](http://www.choice-phila.org)

## MIDDLE SCHOOL WORKSHOPS

### Older Preadolescents

1. **INTRODUCTION / PUBERTY** *Develop an understanding of healthy and productive norms for group discussion. What does it mean to “grow up”? Am I the only one? Does everyone experience change? What are the good things about it?*
2. **MALE ISSUES** *We’ll learn about the male reproductive anatomy. What are erections and wet dreams? How do boys’ bodies work? What are the parts of the body called?*
3. **FEMALE ISSUES** *How do girls’ bodies work? What are the parts of the body called? How does getting your period work? We’ll talk about anatomy, health and reproduction.*
4. **DECISION MAKING/PEER PRESSURE** *Does peer- pressure exist? How do my decisions really affect me? Why do I make the decisions I do? We’ll talk about making difficult decisions and how decision-making will shape the rest of your life.*
5. **RELATIONSHIPS** *What kinds of relationships are there? What kind do you want? What is healthy and unhealthy in a relationship? Is it really love? We’ll talk about relationships, power dynamics, and manipulation in “intimate” relationships.*
6. **SEXUAL HARASSMENT** *What is considered sexual harassment? What can I do about it? What happens to people who sexually harass others? Learn how to identify sexual harassment and gain an understanding of the negative consequences of sexual harassment.*
7. **REPRODUCTION** *How does reproduction work? Can I be pregnant even if I haven’t had sex? We’ll talk about the stages of pregnancy and how pregnancy can occur.*
8. **TEEN PREGNANCY / ABSTINENCE** *How would becoming a parent change my life? How do I make these decisions? What is abstinence? We’ll talk about how abstinence works and ways to be close to someone without having sex. We’ll also discuss the details of becoming a parent.*
9. **REDUCING THE RISK OF PREGNANCY** *What can I use to prevent pregnancy? What else does birth control do other than prevent pregnancy? There are so many birth control options, how do I choose the best one for me and my partner? Where can I get birth control?*
10. **REDUCING THE RISK OF SEXUALLY TRANSMITTED INFECTIONS (STIs) / WRAP UP** *What are the symptoms of Sexually Transmitted Infections? What are HIV and AIDs? What can I do if I think that I have an STI? We’ll talk about transmission, testing and protecting yourself against STIs and HIV.*

- ❖ Each CHOICE workshop is approximately one hour, and a series of workshops may be scheduled. Please contact **Tiffany Thompson at 215-985-3355, ext. 158** for more information and to schedule workshops. Workshops can be provided in English or Spanish. Please specify the preferred language when calling to schedule.
- ❖ A sliding scale honorarium is requested to cover the transportation and training costs of each presentation.

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## MIDDLE SCHOOL WORKSHOPS

### Younger Preadolescents

1. **INTRODUCTION / GROWING UP** *Develop an understanding of healthy and productive norms for group discussion. What does it mean to “grow up”? Am I the only one? Does everyone experience change? What are the good things about it?*
2. **PUBERTY** *What are the social, emotional, and physical changes associated with puberty? How will I know I’m going through puberty? Is it normal? What is different for boys and girls?*
3. **MALE ISSUES** *We’ll learn about the male reproductive anatomy. What are erections and wet dreams? How do boys’ bodies work? What are the parts of the body called?*
4. **FEMALE ISSUES** *How do girls’ bodies work? What are the parts of the body called? How does getting your period work? We’ll talk about anatomy, health and reproduction.*
5. **DECISION MAKING/PEER PRESSURE** *Does peer- pressure exist? How do my decisions really affect me? Why do I make the decisions that I do? We’ll talk about making difficult decisions and how decision-making can shape the rest of your life.*
6. **RELATIONSHIPS** *What kinds of relationships are there? What kind do you want? What is healthy and unhealthy in a relationship? Is it really love? We’ll talk about relationships, power dynamics, and manipulation in “intimate” relationships.*
7. **REPRODUCTION** *How does reproduction work? Can I be pregnant even if I haven’t had sex? We’ll talk about the stages of pregnancy and how pregnancy can occur.*
8. **TEEN PREGNANCY / ABSTINENCE** *How would becoming a parent change my life? How do I make these decisions? What is abstinence? We’ll talk about how abstinence works and ways to be close to someone without having sex. We’ll also discuss the details of becoming a parent.*
9. **REDUCING THE RISK OF PREGNANCY** *What can I use to prevent pregnancy? What else does birth control do other than prevent pregnancy? There are so many birth control options, how do I choose the best one for me and my partner? Where can I get birth control?*
10. **REDUCING THE RISK OF SEXUALLY TRANSMITTED INFECTIONS (STIs) / WRAP UP** *What are the symptoms of Sexually Transmitted Infections? What are HIV and AIDs? What can I do if I think that I have an STI? We’ll talk about transmission, testing and protecting yourself against STIs and HIV.*

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