

CHOICE

Community Healthcare Counseling, Education, and Advocacy

1233 Locust Street • Suite 301
Philadelphia, PA 19107

Phone (215) 985-3355 • Fax (215) 985-2838
www.choice-phila.org

TEEN EDUCATION WORKSHOPS

1. MYTHS & FACTS *Can I get pregnant if I have sex in a pool? Do condoms really work? We discuss common myths and facts about sexual health and finally set the record straight.*

2. THE BODY *How are boys' and girls' bodies similar and how are they different? What happens to our bodies as we grow up? How do I keep my body healthy? We'll talk about anatomy, reproduction, health and doctor visits.*

3. INTIMACY *What is intimacy? Can I be intimate with someone without having sex? Let's talk about intimacy, love and relationships.*

4. BIRTH CONTROL & ABSTINENCE *I'm not ready to be a parent. What can I use to prevent pregnancy? How do I decide which birth control method is best for myself and my partner? What is abstinence? How do I talk to my partner about being abstinent or using birth control?*

5. RESPECT & TOLERANCE *What is respect? How do we get it? How do we give it? What about self respect? We'll talk about the "ISMS": racism, classism, sexism, homophobia (and more) and how intolerance, hate, and prejudice negatively impact our lives.*

6. STIs & HIV *What are the symptoms of Sexually Transmitted Infections? What can I do if I think I have an STI or HIV? We'll talk about transmission, testing and protecting yourself against STIs and HIV.*

7. COMMUNICATION *How do I talk to my partner (doctor, parents) about sex? We'll talk about communication in families, friendships*

and relationships, and practice good communication skills.

8. TEEN PREGNANCY *How do I know if I am pregnant and what are my options if I am pregnant? We'll discuss how to make a decision about a pregnancy, and how the decision whether or not to become a parent affects our lives and our responsibilities.*

9. HEALTHY RELATIONSHIPS *What is healthy and unhealthy in a relationship? We'll identify signs of abuse, ways to improve our relationships and talk about the role of relationships in our lives.*

10. SEXUAL RESPONSIBILITY *What is sexual responsibility? We'll discuss sexual violence and harassment, define consent, practice communication skills, and plan what to do if you or someone you know is being hurt.*

11. MAKING DECISIONS & PEER PRESSURE *How do I know which is the right choice for me? Let's talk about how to deal with conflicting messages from parents, peers, the media, and our communities.*

12. SEX & SOCIETY *How does what we see in society affect our decisions? We'll have an open discussion about sexuality, the media, current events, gender roles, drug and alcohol, love, relationships and other issues that affect our lives.*

13. VALUES & LIFE GOALS *What is important to me? What will my life be like 10 years from now? What steps will I have to take to reach my goals? Let's discuss our plans, our hopes and how we will make them reality.*

- ❖ Each CHOICE workshop is approximately one hour, and a series of workshops may be scheduled. Please contact **Alanna Butler at 215-985-3355, ext. 116** 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.