

Teen Pep Outreach Workshops

At North Hunterdon our outreach workshops are conducted by our Teen PEP class with all freshman students in both Health and Physical Education. Our Teen PEP class is made up of 20 juniors and two senior leaders who are trained in leadership and sexuality issues. The workshops are each two days and students will attend them during their Health or PE class. There are five required workshops and then each Teen PEP class will chose two more outreaches.

The outreaches are designed with skits, small and large group activities all conducted by the Teen PEP educators. The following are the required workshops with objectives and take home messages for each.

Workshop #1—required

Let's Wait Awhile:

Postponing Sexual Involvement Workshop

► Workshop Objectives

After participating in this workshop, students will be able to:

- Describe** at least three reasons why teens become sexually involved
- Describe** at least three reasons why teens do not become sexually involved
- Describe** at least three possible consequences of early sexual involvement
- Identify** at least five relationship qualities that are important to have before beginning a sexual relationship
- Demonstrate** three negotiation and refusal skills

► Take Home Messages

The goal of this workshop is to guide students in a decision-making process about becoming sexually involved that will allow them to reach their *own* conclusions.

While conducting the workshop, peer educators should keep in mind the major messages for participants to *take home*:

- There are many reasons why teens have sex, but many of these are unhealthy.
- There are many healthy reasons to wait to have sex.
- A healthy, respectful, and mutually satisfying relationship is possible when a couple invests the time and commitment necessary to develop trust, communication, intimacy, and asks permission for any sexual behavior.
- It is possible to be assertive and to negotiate in relationships. It is also possible to get out of unwanted situations by using refusal skills.

Workshop #2—required

Later, Baby:

Pregnancy Prevention Workshop

► Workshop Objectives

After participating in this workshop, students will be able to:

- Identify** at least five solutions to barriers that get in the way of some teens using condoms, other birth control methods, or going to a clinic
- Describe** at least three methods for preventing pregnancy
- Identify** the location of a local clinic
- Describe** three ways becoming a teen parent would negatively impact one's life

► Take Home Messages

This workshop is designed to provide students with a broad overview of the birth control methods most commonly used by teens to prevent pregnancy. Once students make the decision to seek out birth control (i.e., at a clinic, a private health care provider, the drugstore), they will have the opportunity at that time to learn the in-depth factual details most relevant to their method of choice.

While conducting the workshop, peer educators should keep in mind the major messages for participants to *take home*:

- There are many solutions to the barriers that get in the way of using condoms, other birth control methods, or going to a clinic
- A sexually active couple must use a reliable method of birth control correctly and every time they have sex, in order to prevent pregnancy
- Abstinence is the only 100% effective way to prevent pregnancy
- Becoming a teen parent will have a dramatic impact on one's life and is 100% preventable

Workshop #3—required

Don't Pass It On:

Preventing Sexually Transmitted Infections Workshop

Workshop Objectives

After participating in this workshop, participants will be able to:

- Describe** five STIs, including their symptoms, diagnosis, treatment, and long-term consequences
- Explain** three behaviors that put people at risk for contracting an STI
- Identify** five strategies for preventing the spread of STIs

► Take Home Messages

The goal of this workshop is to provide students with an overview of the most common sexually transmitted infections (STIs) among teens. Students will have a better understanding of the behaviors that put them at risk for acquiring an STI and will learn how to protect themselves.

While conducting this workshop, peer educators should keep in mind the major messages for participants to *take home*:

- Abstinence from oral, vaginal, and anal intercourse and intimate skin-to-skin contact is the only 100% effective way to avoid a sexually transmitted infection.
- Most STIs do not have any symptoms but can still be transmitted to others.
- Some sexually transmitted infections are curable while others are not.
- Non-treatment of STIs may lead to serious health problems.
- Sexually active teens must know their partners, limit their partners, and use a latex condom or barrier with all sexual activity in order to reduce the risk of getting an STI.

Workshop #4—required

Break the Silence:

HIV/AIDS Prevention Workshop

► Workshop Objectives

After participating in this workshop, students will be able to:

- Describe** the two most common ways teens get HIV/AIDS
- Identify** at least three behaviors that will **not** put a person at risk for HIV infection
- Name** two strategies for reducing the risk of contracting HIV/AIDS
- Describe** the 10 steps to using a condom correctly
- Articulate** three ways HIV/AIDS can have an impact on one's life

► Take Home Messages

Advances in medicine have led to the mistaken idea that HIV is a chronic condition that can be managed easily or cured with the use of these medications. As a result, HIV/AIDS education has diminished in the U.S. over the past several years leading to an increase in new infections among teens.

This workshop is designed to provide students with detailed information about HIV transmission and risk reduction skills.

While conducting this workshop, peer educators should keep in mind the major messages for participants to *take home*:

- People do not become infected with HIV through casual contact. HIV infection takes place when the HIV-infected body fluids find their way into the bloodstream of an uninfected person, through unprotected sex (oral, vaginal, or anal), through sharing needles to inject drugs or other fluids, or perinatally, from an HIV-infected mother to her child.
- Correct and consistent condom use is very effective in reducing the risk of HIV transmission.
- While there are medications to keep people alive longer, there is no cure for HIV. Becoming infected with HIV will have a dramatic impact on one's life.
- The only 100% effective strategy for preventing HIV infection is sexual abstinence and not sharing needles to inject drugs or other fluids.

Workshop #5—required

Sex on the Rocks:

Alcohol, Other Drugs, and Sexual Decision-Making Workshop

► Workshop Objectives

After participating in this workshop, students will be able to:

Describe how the use of alcohol and other drugs affects sexual decision-making

Identify five potential consequences of mixing alcohol and sex

Name the five questions to ask when making a decision

Demonstrate the three refusal skills to resist peer pressure

► Take Home Messages

The goal of this workshop is to help students understand that the use of alcohol and other drugs* significantly impairs one's ability to make good decisions in sexual situations.

While conducting this workshop, peer educators should keep in mind the major messages for participants to *take home*:

Being under the influence of alcohol and other drugs increases the likelihood of engaging in behaviors that put a person at risk for STIs, unintended pregnancy, and HIV infection.

Having sex is a decision that is best made sober. When sober, a person is more likely to choose abstinence or use protection correctly and consistently if sexually active.

It is important to set boundaries ahead of time, before getting into a potentially risky situation.

***Note:** Throughout this workshop, —other drugs‖ can refer to crystal meth, cocaine, inhalants, prescription drugs, ecstasy, and other substances that impair sexual decision-making. In the following activities and skits, when referring to —other drugs‖, be sure to specify the drugs you identified as being commonly used among your peers. This helps provide students with concrete examples and helps make the messages more relevant.

Family Night Workshop (held with parents)

Talk to Me:

A Family Night Workshop

► Workshop Objectives

After participating in this workshop, participants will be able to:

- Identify** their personal attitudes and values regarding sexuality
- Communicate** the one message they want their children to receive about sex and sexuality
- Demonstrate** increased comfort in talking about sex and sexuality with teens
- Describe** one way they can initiate conversations about sex and sexuality with teens

► Take Home Messages

This dynamic and fun workshop gives parents/guardians and teenagers the opportunity to talk about issues such as privacy, trust, sex, friends, and independence. The goal of this workshop is to decrease some of the fears and discomfort surrounding talking about sex and sexuality. Parents/guardians explore views about sexuality and pose questions to current Teen PEP members.

While conducting the workshop, peer educators should keep in mind the major messages for participants to *take home*:

- It is important to understand how one's own values and attitudes regarding sexuality influence the messages we give our children.
- Teenagers want and need guidance from parents/guardians and other trusted adults regarding decisions about sex and sexuality.
- Communicating with parents/guardians and other trusted adults is important in preventing sexually transmitted infections, HIV/AIDS, and pregnancy among teenagers.

OPTIONAL WORKSHOPS—two of the five will be chosen by the Teen PEP group each year to complete

Unwelcome Advances: Sexual Harassment Prevention Workshop Evaluation

Bridges of Respect: Homophobia Reduction Workshop Evaluation

Break the Cycle: Dating Violence Prevention Workshop Evaluation

Power Play: Date Rape Prevention Workshop Evaluation

Puberty Education Workshop Evaluation