

# Teen Talk for Youth in Alternative Settings: California's New Online Sex Education Course for Foster Youth

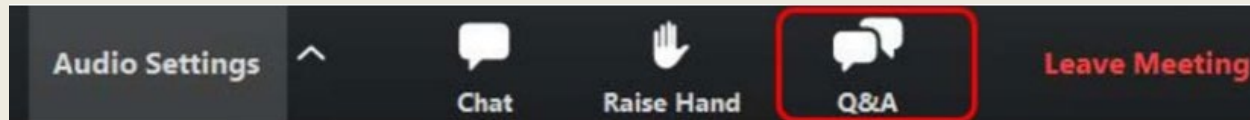
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February 10, 2022

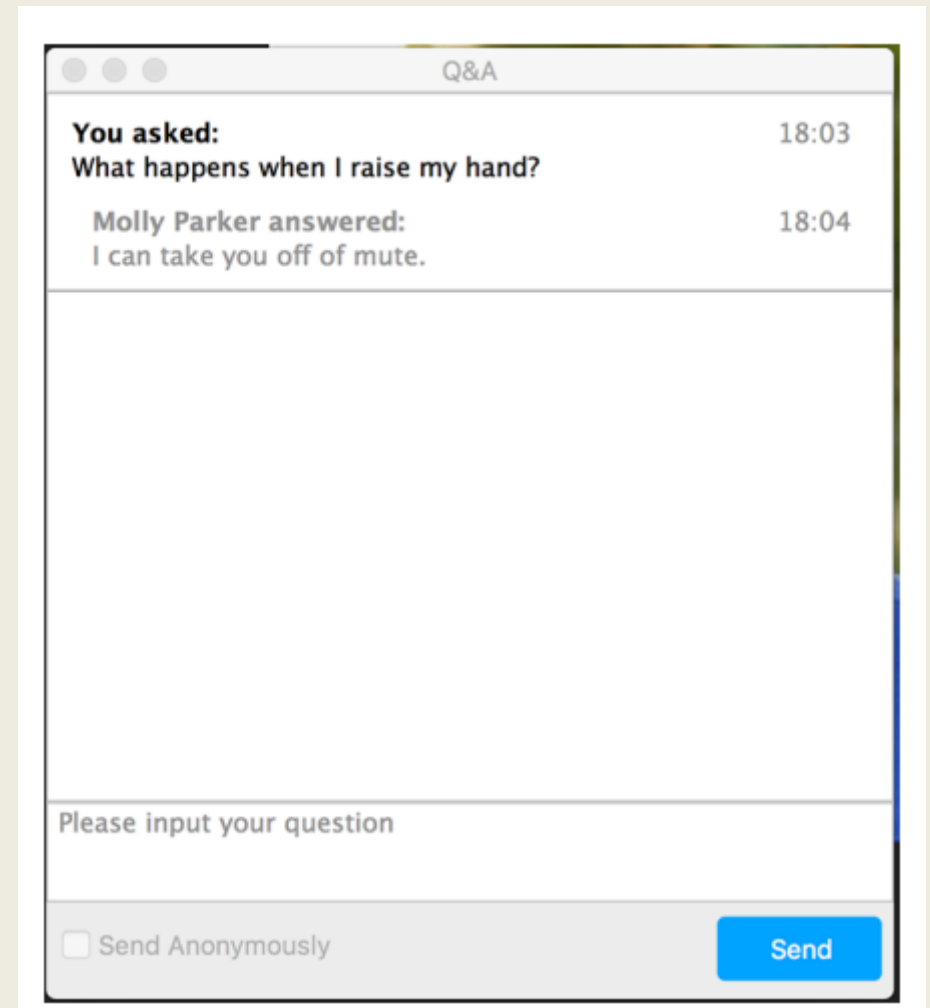
Reproductive Health Equity Project for Foster Youth

# Information to Participate

To submit questions, click on the Q & A icon on the control panel. The Q & A window will appear, allowing you to ask questions to the host and panelists.



Webinar materials and recording will be posted at [www.jbay.org](http://www.jbay.org) in the resource library and sent out to all registrants following the live presentation.



# Agenda



***1. Welcome/Introductions***



***2. Legal context of SB 89***



***3. Introduction of new curriculum***



***4. Youth perspective***



***5. Tips for connecting and supporting youth***



***6. How to enroll in the free classes***



***7. What to expect from the course***



***8. Questions & Answers***

# Today's Presenters



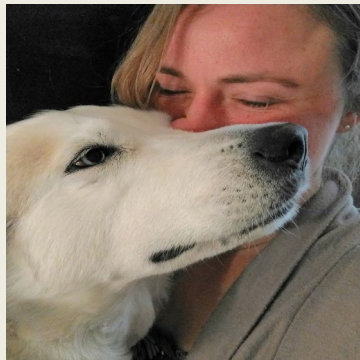
**Anna Johnson**  
Assc. Director of Housing and Health  
John Burton Advocates for Youth



**Rebecca Gudeman**  
Senior Director, Health  
National Center for Youth Law



**Kehau Gunderson**  
CA RHEP Specialist and Senior Trainer  
Health Connected



**Kat McCloud**  
Youth Advisory Board Member  
Reproductive Health Equity Project



**Zoe King**  
Health Educator  
Planned Parenthood Pasadena & San  
Gabriel Valley



**Franchesca Ocasio**  
Health Educator  
Planned Parenthood Pasadena & San  
Gabriel Valley



**Ceci Martinez**  
Manager of Community Education  
Planned Parenthood Pasadena & San  
Gabriel Valley

# What is RHEP?



The Reproductive Health Equity Project for Foster Youth (RHEP) is a partnership of adult advocates and foster youth working to promote healthy sexual development and improve access to sexual and reproductive health care services for youth in care in order to reduce disparately poor health outcomes.

[www.FosterReproHealth.org](http://www.FosterReproHealth.org)

# Rebecca Gudeman

*Senior Director, Health  
National Center for Youth Law*



# Comprehensive Sexual Health Education in California:

*The Legal Context*



# Comprehensive Sexual Health Education Mandate in California

## California Healthy Youth Act (CHYA)

### Key Requirements:

(Enacted 1/1/2016  
Applies to all public and  
charter schools)

### Mandatory Sex Ed in

#### Middle School and High School

Comprehensive sexual health and HIV prevention education is required at least once in middle school (grades 7 or 8) and once in high school (grades 9-12)

### Optional in Elementary School

Related instruction (e.g., puberty education) may also be provided in grades K-6.



### Trained Providers

Teachers must have training in and knowledge of the most recent medically accurate research on the topics. Outside organizations must have a purpose consistent with the purpose of the California Healthy Youth Act and follow all laws when they present.

### Curricula requirements

Training requirements

Content requirements



# The California Healthy Youth Act Requirements for Middle and High School Curriculum

## 15 Training Criteria *(partial list below)*

- Age appropriate
- Medically accurate and objective
- Appropriate for all races, genders, sexual orientations, ethnic and cultural backgrounds, pupils with disabilities, English learners
- Affirmatively recognize different sexual orientations and include examples
- Teach about gender, gender expression, gender identity, and harm of negative stereotypes
- Teaches the value of and prepares pupils to have and maintain committed relationships, such as marriage
- Encourage communication with parents/guardians/trusted adults

...and more!

## 16 Required Topics *(partial list below)*

- Nature of HIV
- Effectiveness and safety of all FDA approved methods that prevent or reduce the risk of contracting HIV and other STIs
- Objective discussion of all legally available pregnancy outcomes
- Sexual harassment, sexual assault, sexual abuse, and human trafficking
- Healthy Relationships
- Decision making, negotiation and refusal skills
- Adolescent relationship abuse and intimate partner violence

...and more!

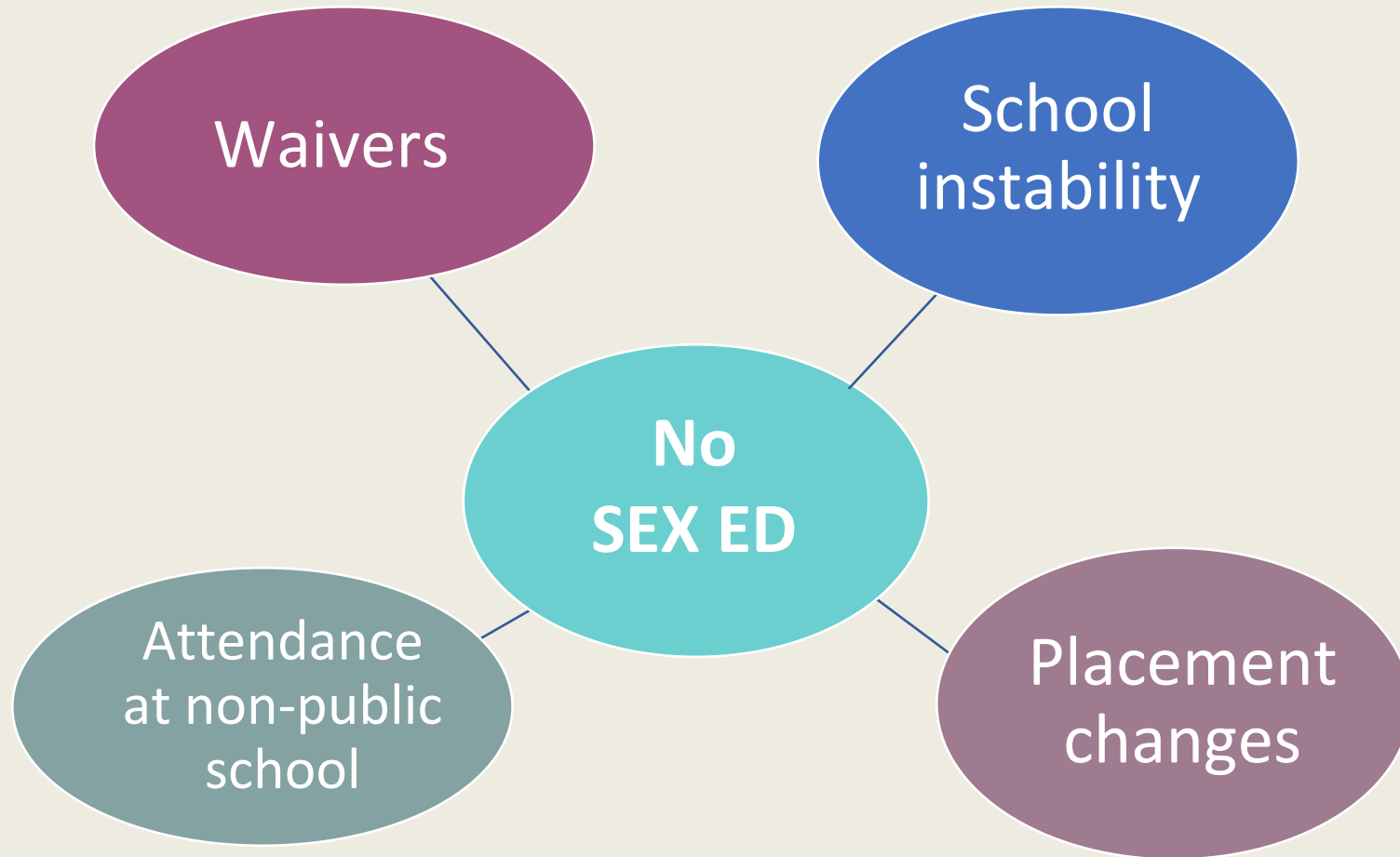
# Despite CHYA, Youth in Foster Care are Often Not Receiving Sex Ed in School or at All

Have you received information on birth control, condoms, STD/STI treatment or pregnancy from these sources?

School	52.4%
Caregivers	21.8%
Friends/Peers	53.2%
Family (parents or relatives)	20.2%
Healthcare Providers	29.8%

RHEP Youth Survey, conducted 2021, forthcoming in 2022

# Access Barriers Youth in Foster Care Face



**Reminder:**  
34% of youth in care experience  
5 or more  
school changes

# California Foster Youth Sexual Health Education Act (SB 89)

## Goal:

Ensure youth in foster care receive a CHYA-compliant sexual health education curriculum, once in...



Middle School



High School

..... just like other California youth.

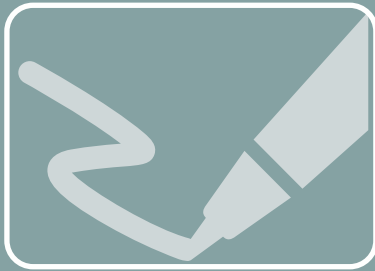
# New Caseworker Obligations since SB 89 (2017)



Starting at age 10, social workers and probation officers must check in annually with youth's school to verify whether youth received sex ed.



If the youth did not receive the instruction in school by the end of 8<sup>th</sup> and 12<sup>th</sup> grade, the county must ensure the youth receives a CHYA compliant education through an alternative source in the community.



Social worker/probation officer must document in the case plan when the youth receives sex ed. This must be documented in the court report as well starting in January 2023.

# Current Situation-Sex Ed

Caseworker annually checks in regarding sex ed starting at age 10.

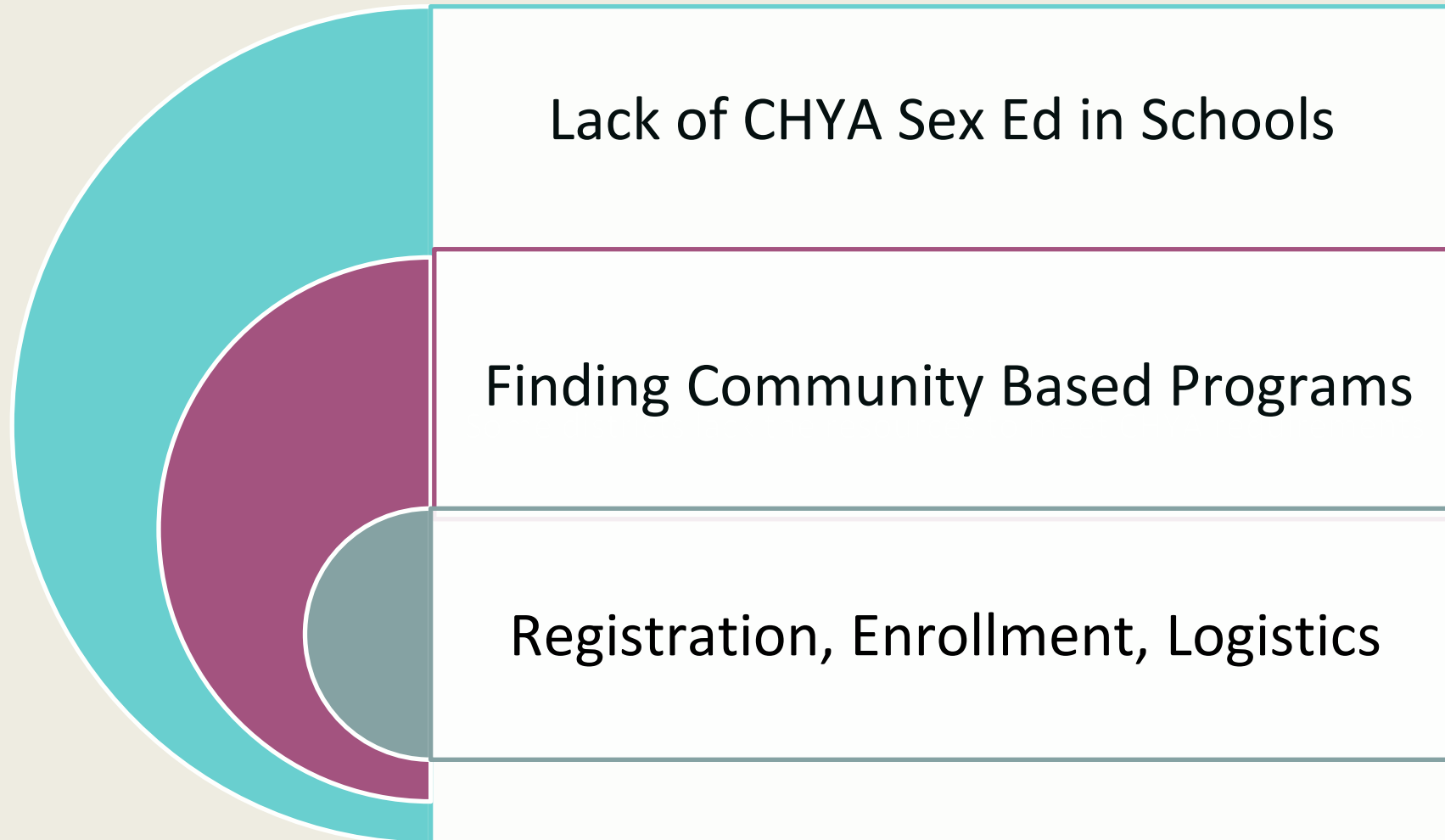
In 8<sup>th</sup> and 12<sup>th</sup> grade, social workers confirm whether youth got CHYA compliant sex ed at school.

If youth have **not** received sex ed, social workers are required to refer youth to a community-based sex ed program.

CHALLENGES

**Community Sex Ed?**

# Implementation Challenges: What Have Child Welfare Agencies Been Facing?



# Where RHEP Comes In

## We set out to:

- Develop a CHYA-compliant sexual health curriculum specifically for youth in foster care that can be delivered virtually to address logistical issues
- Make it available throughout the year
- Make enrollment easy



# Kehau Gunderson

*CA RHEP Specialist and Senior Trainer  
Health Connected*



***Teen Talk for Youth in  
Alternative Settings***  
*The Basics with Health Connected*



# Health Connected Today



**500,000**  
estimated students



**13,500**  
parents



**5,000**  
teachers & providers trained



**130**  
partner school districts



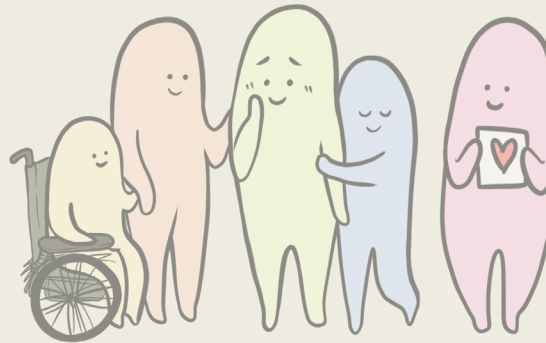
# Teen Talk for Youth in Alternative Settings

## Overview

Created with a healing-centered framework in collaboration with former youth in foster care

Live training includes multimodal material:

- Instructors teaching in real-time
- Meets virtually, through zoom
- Google site for resources
- YAS booklet for resources, activities & notes



11 sessions that cover all education code content, with a special focus on personal values, communication, wellness & safety

Documentation of completion provided to youth and social worker

# Teen Talk for Youth in Alternative Settings



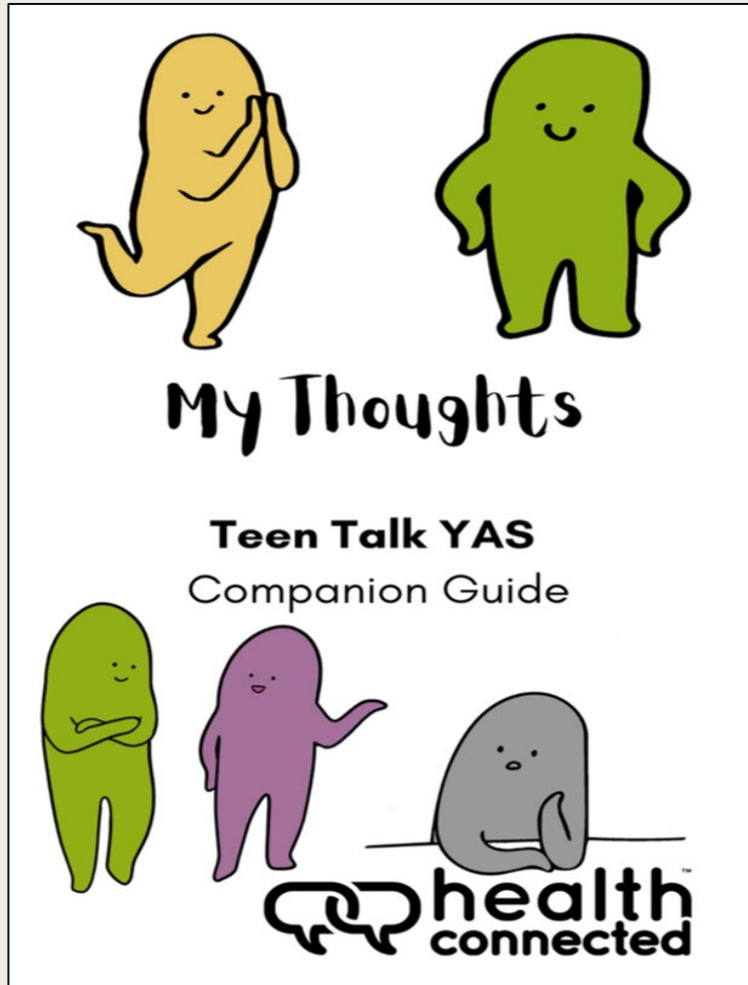
## Overview

### Session Topics

- Session 1: Values and Resources
- Session 2: Anatomy
- Session 3: Identities
- Session 4: Decision-Making
- Session 5: Relationships
- Session 6: Sexual Violence Prevention
- Session 7: STIs and Barrier Methods
- Session 8: Birth Control
- Session 9: Pregnancy Options
- Session 10: Media Analysis
- Session 11: Wrap-Up

11 Sessions to be done  
over a minimum of  
11 hours

# Teen Talk for Youth in Alternative Settings Booklet



- Resource Guide (Websites, hotlines, apps)
- Easily fillable activities for each session
- Communication practice questions for trusted adults
- Room to take notes or doodle

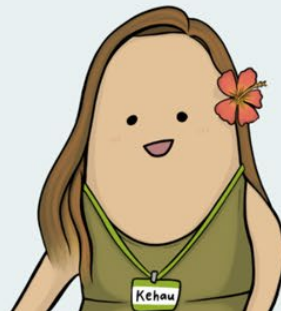
# Teen Talk for Youth in Alternative Settings

## Google Site

### Welcome to Teen Talk!

*This Google Site is your guide to asynchronous material.*

#### Meet your Educators!



#### Zoom Link

Week 1 (July 26-29)				Week 2 (Aug 2-5)				Week 3 (Aug 9-11)		
Mon	Tues	Wed	Thurs	Mon	Tues	Wed	Thurs	Mon	Tues	Wed
										

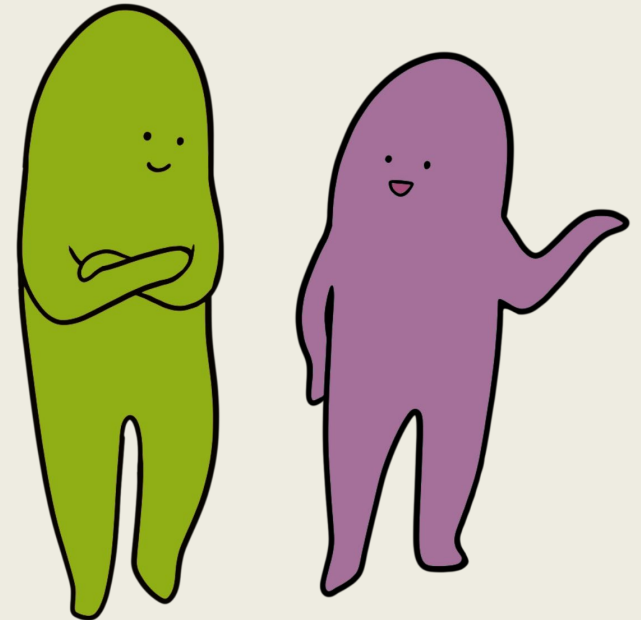
July 26-29 M-Th 2-3 PM

August 2-6 M-Th 2-3 PM

# Teen Talk for Youth in Alternative Settings

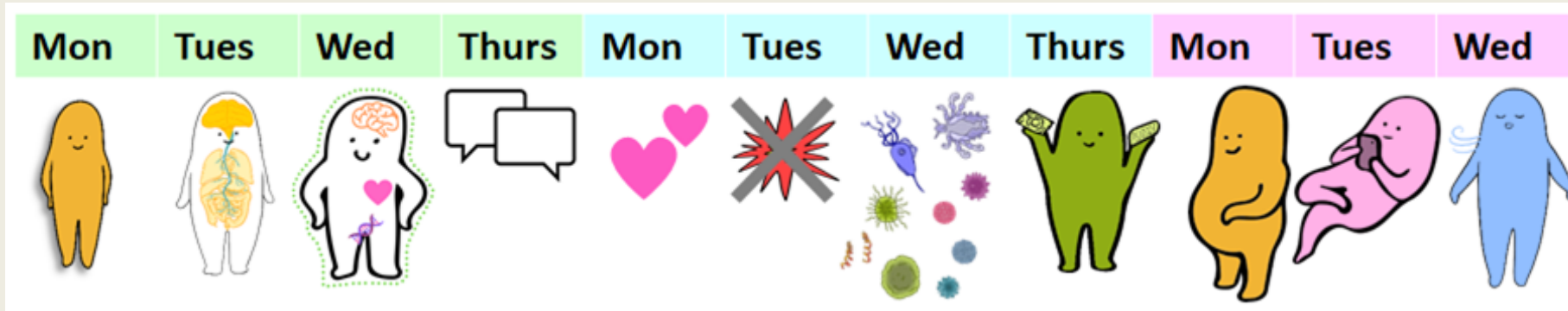
Originally developed with a **trauma-informed lens**, with an understanding of trauma in the developing brain.

Rooted in a framework of healing that honors the **wisdom** that youth bring to conversations about sexual and reproductive health.





# CARMA Framework in TTYAS



- Celebrating **C**ulture, identity, and **c**onnectedness
- Cultivating **A**gency
- Nurturing **R**elationships
- Creating **M**eaning-Making
- Honoring youth **A**spirations and **w**isdom

(Ginwright, 2016)

# Teen Talk YAS - Prototype Feedback

*“So, I’m just really glad that this curriculum is touching on everything and it’s not just about like having sex and how to have sex safely. It’s actually talking about the entire thing.”*

- Youth Advisory Board member

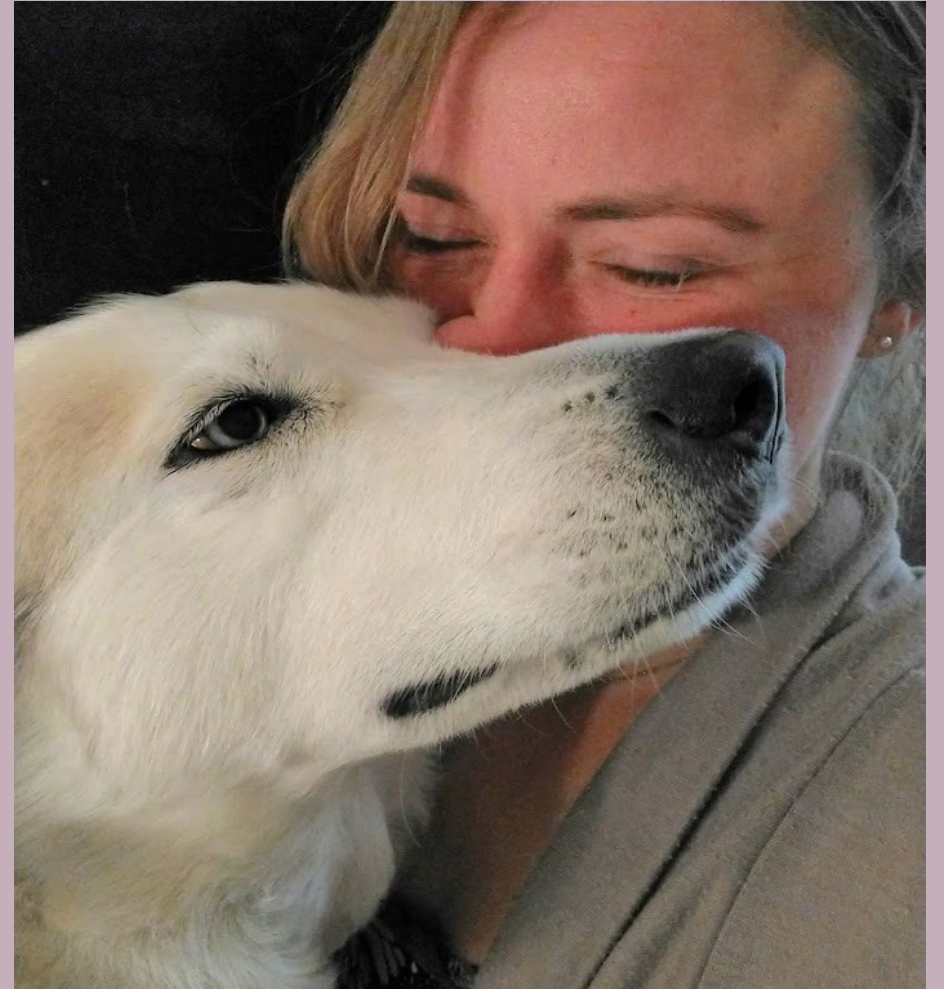
*“I would like to say that I’m just really glad that I’m a part of this program. And that the curriculum is actually talking about sexual harassment, rape and different types of abuse because growing up I did not know that there was different types of abuse only just physical. So, a lot of the things that I was going through made me feel like I was going crazy, like I was just making things up and stuff like that.”*

- Youth Advisory Board member

*“I was very engaged. I learned a lot about myself. I learned ways to speak to my younger siblings about life. I felt like it was fun and I’d do it again.”*

- Youth Advisory Board member

***Youth Experience  
with Teen Talk YAS***



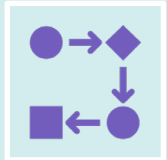
**Kat McCloud**

Youth Advisory Board Member  
Reproductive Health Equity Project

# Youth Experience



How did this curriculum differ from your other sex education?



Why would you recommend it especially for youth in foster care?



What should people know when they are discussing it with young people?

# Ceci Martinez

*Manager of Community Education  
Planned Parenthood Pasadena &  
San Gabriel Valley*



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Planned Parenthood  
Pasadena & San Gabriel Valley

# *Tips for Connecting and Supporting Youth:*

*The Ins and Outs with PPPSGV*



# Bring Up the Conversation

- Recognize your own thoughts, feelings and biases about sexuality.
- Approach the conversation holistically.
- Share resources and options.
- Gauge interest.
- Be available to them.



# How to Answer Difficult Questions

- Pause if you feel nervous.
- Positively affirm all questions.
- Make sure you understand the question.
- Ask if they know the answer to the question.
- Answer the question simply, honestly and help describe the community's range of beliefs.
- Ask whether they understand the response.
- Leave the communication doors open.



# Phrases that Open Doors

- What do you think?
- This is a good question.
- I don't know the answer, but we can find the answer together.
- I am trying to understand how you feel.
- Can you help me define that word?
- I am happy you told me that.



# Phrases that Close Doors

- You are too young.
- Where did you learn that?
- If you say that word one more time...
- That is not important for you to know.
- I don't care what your friends do.
- That is only for women/only for men.
- We'll talk about it when you need to know/when you're older.



# Franchesca Ocasio

*Education Project Specialist  
Planned Parenthood Pasadena  
& San Gabriel Valley*



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Planned Parenthood  
Pasadena & San Gabriel Valley

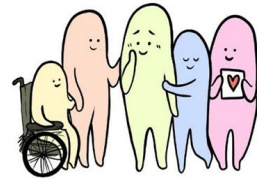
***Registering and  
Participating:***  
*The Ins and Outs with PPPSGV*



# Nuts & Bolts of Registration

## ONLINE SEX ED FOR YOUTH IN FOSTER CARE

- ✓ MEETS SB 89 REQUIREMENTS FOR YOUTH IN FOSTER CARE
- ✓ TESTED BY FORMER YOUTH IN FOSTER CARE
- ✓ TAUGHT BY PLANNED PARENTHOOD PASADENA-SAN GABRIEL VALLEY EDUCATORS



TO STAY INFORMED, GO TO:  
[tinyurl.com/TTYASinterest](https://tinyurl.com/TTYASinterest)

### WHAT IS TEEN TALK?

Teen Talk Youth in Alternative Settings (YAS) is an adaptation of Teen Talk, a curriculum created by Health Connected and used in many CA schools.

- A state-compliant sex ed curriculum
- Reviewed by former foster youth and adapted for youth in foster care
- Complies with laws related to the rights of youth in foster care
- Vetted for medical and legal accuracy

### ELIGIBILITY

- Youth in LA County foster care
- Ages 14-17
- Headphones & personal devices that connects to Zoom

### SB 89 & CHILD WELFARE

- Requires to verify youth has received compliant sex ed
- If youth haven't received it, requires to ensure youth receive sex ed
- Youth must receive sex ed once in middle school and once in high school
- (CA Ed Code Sections 51930-51939)



Made possible by Grant Number 1 TP2AH000066-01-00 from the HHS Office of Population Affairs

Learn more:

- [www.fosterreprohealth.org/teentalk-virtual-comprehensive-sexed/](http://www.fosterreprohealth.org/teentalk-virtual-comprehensive-sexed/)
- [www.tinyurl.com/TTYASinterestform](https://www.tinyurl.com/TTYASinterestform)

# A Specialized Sex Ed Curriculum For Youth In Care

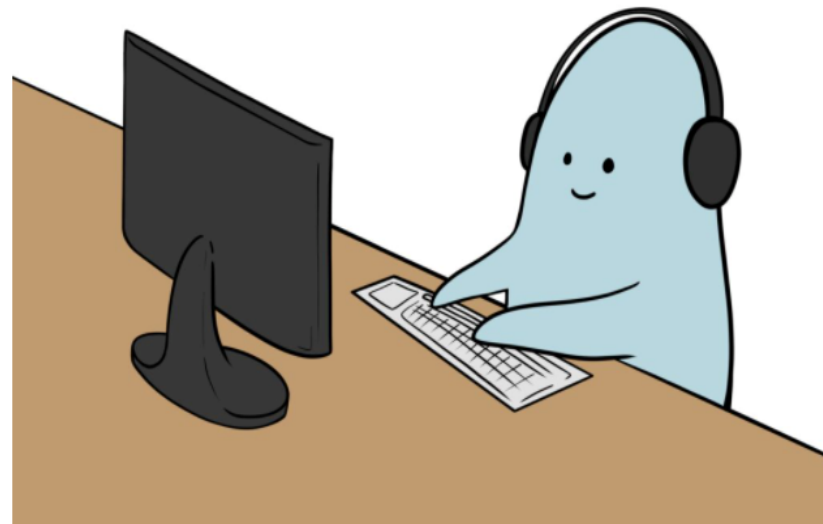
**Free Classes Are Available Now – Youth Who Participate In The Pilot Will Have The Opportunity To Receive A Gift Card!**

**January Through July 2022 (See The Full Course Schedule Below)**

Although every public and charter middle and high school in California offers comprehensive sexual health education; too many youth in care miss out because of placement changes and other systemic issues. Youth express a desire for this information and at the same time, youth in foster care also express a desire for a sexual health education program that recognizes their unique needs.

The Reproductive Health Equity Project set out to ensure that every youth in California foster care ages 12-18 can receive age-appropriate, medically accurate and trauma-informed sexual health education that is just for them. In efforts to achieve this goal, we developed a virtual sexual health education curriculum and program just for youth in foster care!

Teen Talk for Youth in Alternative Settings (Teen Talk YAS) is RHEP Partner, Health Connected's newest curriculum designed for and informed by youth who are in foster care. This curriculum meets requirements of the California Healthy Youth Act, as well as the California Foster Youth Sexual Health Education Act. Through collaboration with RHEP partner, Planned Parenthood of Pasadena San Gabriel Valley it has been adapted for virtual delivery and is now available for youth in foster care across California as part of our pilot.



+ [Requirements for participating youth:](#)

+ [What's included in this workshop series?](#)

# Nuts & Bolts of Registration

## Teen Talk Youth in Alternative Settings Enrollment form: Spring break series

Please complete the form for the youth you would like to enroll

Teen Talk Youth in Alternative Settings (YAS) is an adaptation of Teen Talk, a curriculum created by Health Connected and used in many California schools. It complies with state curriculum laws and has been vetted for medical and legal accuracy. It also has been reviewed by former foster youth for appropriateness and fit for youth in care. The pilot classes will be taught by professional sexual health educators from Planned Parenthood Pasadena and San Gabriel Valley.

Dates & times (PST):

Monday, March 21 from 10 AM-12PM  
Tuesday, March 22 from 10 AM-12PM  
Wednesday, March 23 from 10 AM-12PM  
Thursday, March 24 from 10 AM-12PM  
Friday, March 25 from 10 AM-12PM

\*\*\*This enrollment form will close on March 11, 2022\*\*\*

Youth email

Please include a non-school related email (ie: gmail, hotmail, yahoo, etc.)

Your answer

Youth phone number

Your answer

GET IN TOUCH

# Let's Talk

RHEP is here to promote evidence-informed strategies that reduce unplanned pregnancies and dismantle systemic barriers to sexual and reproductive health education and service access for youth in foster care. Reach out to get involved, learn more about the RHEP, or to let us know about a resource you need that isn't on the website. We also provide sexual and reproductive health trainings for foster youth, caregivers, social workers, health providers, and/or judicial officers.

Who would you like to speak to?

Ask The RHEP Team ▾

Name

Name

Email

Email

Message

Message

SEND



## Call Us

Questions or support

Phone. [\(510\) 835-8098](tel:(510)835-8098)



## Post Address

Head Quarter

1212 Broadway, Suite 600 /  
Oakland, CA 94612



# Zoe King

*Health Educator*

*Planned Parenthood Pasadena  
& San Gabriel Valley*



Planned Parenthood  
Pasadena & San Gabriel Valley

# What to Expect During a Series

It's **VERY** important to register youth under their own contact information

- Reminder texts/emails
- RECAP Emails

## Confidentiality

- Webinar style
- Headphones
- Private space
- Reporting\*

# Welcome to Teen Talk!

**Zoe King**  
she / her



**Zarreah Brown**  
she / her



Send to "All Panelists" the message "YAS" in the chat for a check-in or support

This webinar is property of Health Connected and is not to be distributed without permission.



# What to Expect During a Series (Continued)

## Materials/Resources

- Reliable Wi-Fi
- Google Site
- Follow-up activities, links, etc.

## Incentives

- \$50 for 8 sessions
- \$25 bonus for all 11 sessions

## Your Teen Talk Educator!

Hi, I'm Zoe King! (She, Her)



## Zoom Links

Webinar Link: <https://zoom.us/j/91834023686?pwd=R0FGelN0OGdyUHVHeFNJb1IxQm1WQT09>

### Dates:

Wednesday 10/6 - Values and Resources  
Monday 10/11 - Anatomy and Physiology  
Wednesday 10/13 - Identities  
Monday 10/18 - Sexually Transmitted Infections and Barrier Methods  
Wednesday 10/20 - Birth Control  
Monday 10/25 - Pregnancy Options  
Wednesday 10/27 - Communication and Decision-Making  
Monday 11/1 - Relationships  
Wednesday 11/3 - Violence Prevention  
Monday 11/8 - Sex and the Media  
Wednesday 11/10 - Self-Care and Wrap-up



## *Question & Answer Session*

**For more information, contact:**

- **Anna Johnson**  
[anna@jbay.org](mailto:anna@jbay.org)
- **Rebecca Gudeman**  
[rgudeman@youthlaw.org](mailto:rgudeman@youthlaw.org)
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[kehau@health-connected.org](mailto:kehau@health-connected.org)
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[zking@pppsgv.org](mailto:zking@pppsgv.org)
- **Ceci Martinez**  
[cmartinez@pppsgv.org](mailto:cmartinez@pppsgv.org)

*Thank you!*

