

Tools for talking with youth about sexuality and their health

With Brittany Cropper,
Health Educator (she,her)
and Sandra Abarca, M.S.
Education and Outreach Manager (she, her)

Agenda



- Group Agreements
- What is sexuality?
- What is trauma?
- Values Clarification
- Sexual Development Timeline
- Minor Rights
- Answering difficult questions
- Role Play



Mission

To ensure broad public access to reproductive and family planning services through medical service, education and advocacy.

Some of our Medical Services Include:



- Birth control options
- STI testing & treatment
- Pregnancy tests
- Abortion Care
- Cancer screenings
 - Pap smears
 - Breast exams
 - Mammograms
 - Testicular exams
- Special procedures (biopsy, colposcopy, LEEP)
- Infection checks
- Emergency Contraception
- Free Condoms!
- Referrals
- **PEP and PrEP**

Group Agreements

Group Activity

Answer the following questions with the group at your table:



1. What is sexuality?
2. Where/from whom do we learn about sexuality?
3. What messages do we receive about sexuality?



What is trauma?

**How can trauma impact
one's own sexuality?**

Values Clarification: Agree or Disagree?

Agree or Disagree?



Teens are capable of understanding and giving consent.

Agree or Disagree?



14 is too young to have a boyfriend or girlfriend.

Agree or Disagree?



If a 4-year-old tells me that they are transgender, I should believe them.

Agree or Disagree?



If I talk to a teen about sex, it will make them more likely to do it.

Agree or Disagree?



It is ok for a child to see two men kissing on a TV commercial.

Development Timeline



Connection +
Discovery

0-2yrs.



Curiosity +
Exploring
Differences

3-5yrs.



Reproduction +
Privacy

6-8yrs.



Puberty +
Preteen
Development

9-12yrs.



Adolescence +
Healthy
Relationships

13-18yrs.

Development Timeline



- Role model healthy relationships—your child is learning about love, safety and how to trust others.
- Positively acknowledge your child's exploration of their body. Discuss that this is a private, not public, behavior.
- Always use correct terms to refer to your child's body parts.

Development Timeline



Curiosity +
Exploring
Differences

3-5yrs.

- As your child's gender identity develops, encourage them to respect themselves and others.
- Let them know they can talk to you or other trusted adults about anything.
- Teach them about appropriate touch and how to say no to unwanted touch.
- Be ready to give a simple description of where babies come from.

Development Timeline



- Be prepared to answer more mature questions about reproduction.
- As children become more independent, reinforce the importance of open communication in your family.
- Explain puberty and what to expect. Share resources early and often.
- Promote healthy body image.

Development Timeline



- As your child goes through puberty, emphasize that all bodies develop differently and at their own pace.
- Reinforce that masturbation is natural and healthy, but should be done privately.
- Share personal experiences or use examples from popular media to discuss what healthy relationships look and feel like.
- Discuss your family's expectations and values about dating and sexual activity.

Development Timeline



Adolescence +
Healthy
Relationships

13-18yrs.

- Talk about the benefits of delaying sexual activity.
- Discuss birth control and STD prevention to help them avoid risky sexual behavior.
- Encourage your child to evaluate their relationships. Reinforce that healthy relationships are built on trust and equal power.
- Ensure that they know how to say “no.” Explain what mutual consent means and why it is important.
- Share where they can access sexual and reproductive health care services.

California Minor Consent Laws



- No age limit for *pregnancy* services:
 - ❖ Birth Control
 - ❖ Emergency Contraception
 - ❖ Pregnancy Testing
 - ❖ Prenatal Care
 - ❖ Abortion Care
- Ages **12** and up:
 - ❖ STI Testing and Treatment
 - ❖ Mental Health Services
 - ❖ Drug and Alcohol Abuse Treatment
 - ❖ Rape Services

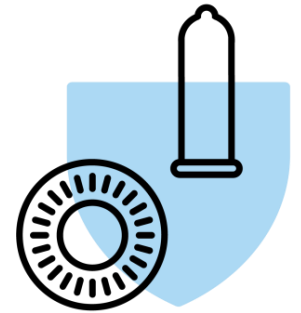
Confidential Medical Release:



Minors in California have the right to access ***confidential medical services*** during school hours ***without*** parental notification.

Communication tips

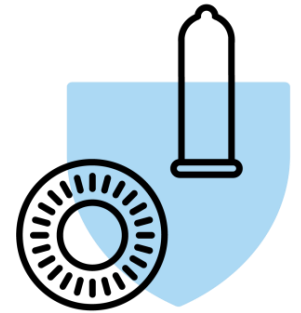
Navigating 'The Talk'



- **Affirm** the question.
- **Clarify** the question.
- **Answer honestly and accurately, without judgment.**
 - With values based questions, help your youth to identify and describe their own personal values and the community's range of beliefs.
 - If you do not know the answer, you can offer to look it up together and/or direct them to the right place.
- **Provide resources and options.**
- **Encourage self-reflection.**
- **Help identify other trusted adults.**
- **Check** for understanding.
- **Leave the door open.**

Role Play

Role Play:



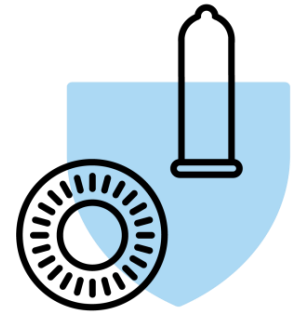
You are meeting with your client/youth and they are thinking about having sex. They ask you, “How do you know when you’re ready?”

Discussion



- Why is it important for caregivers and social service professionals to be aware of services available at PP?
- When working with youth in foster care and issues around sexuality arise, what challenges might you face?
- What can you do if ***your personal values*** do not align with the personal values of the youth?

Resources



- www.pppsgv.org
- www.plannedparenthood.org
 - Videos of sample conversations with youth
- www.bedsider.org
- www.guttmacher.org
- www.glsen.org
- www.advocatesforyouth.org
- www.amaze.org

Thank You

Sex Ed Texting Hotline: 626-386-8310

Other questions: education@pppsgv.org