

# Advice from Youth for Youth: Self-Love, Sexual Intimacy, and Healthy Relationships amid COVID-19

*Part 4 of the LA RHEP Summer Learning Series  
Courageous Conversations: Perspectives, lived  
experiences, and advice about supporting  
Youth's health and relationship needs in the  
time of coronavirus*

August 26<sup>th</sup> 2020



# Community-Keeping

- All participants have been muted.
- To ask a question during the webinar, push the Q&A button at the bottom of your screen, type your question, and hit "send."
  - You can also use the Q&A function to alert presenters of any technical difficulties or other flags.
- This workshop is meant to be interactive! We encourage you to use the chat or unmute yourself to contribute to the conversation
- The last few minutes of the webinar will be reserved for answering questions.
- We will be raffling off 3 \$50 e-gift cards for participation. We will be taking note of participation and then announcing winners in our follow-up email later today! \*It's important that you have your name connected to your video\*

# Los Angeles Reproductive Health Equity Project for Foster Youth



# Presenters



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*She/Her/Hers*



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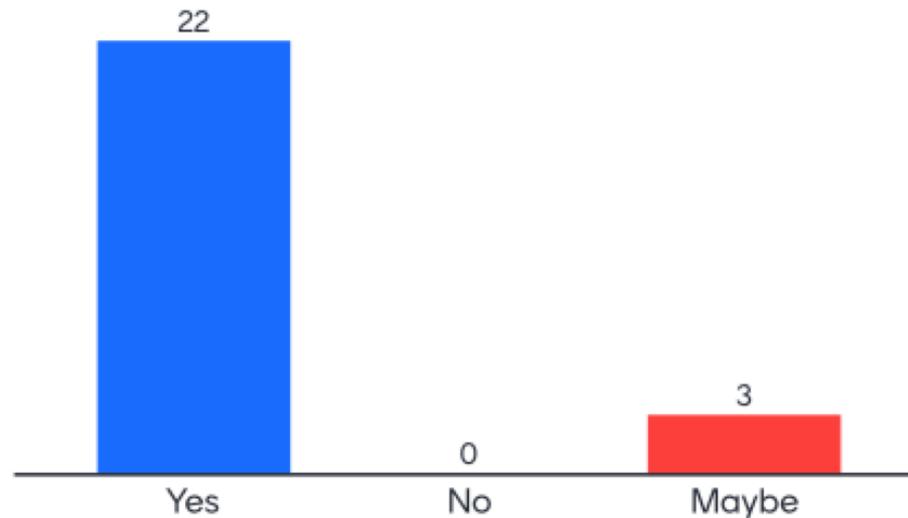


# Self-worth & Empowerment

Go to [www.menti.com](http://www.menti.com) and use the code 82 19 36 9

## Have you ever struggled with self-worth?

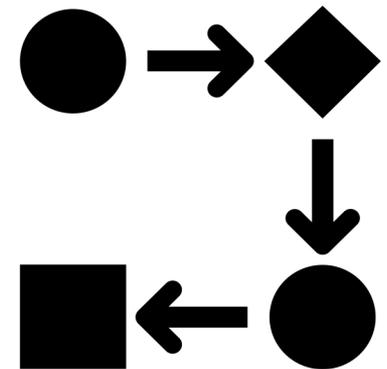
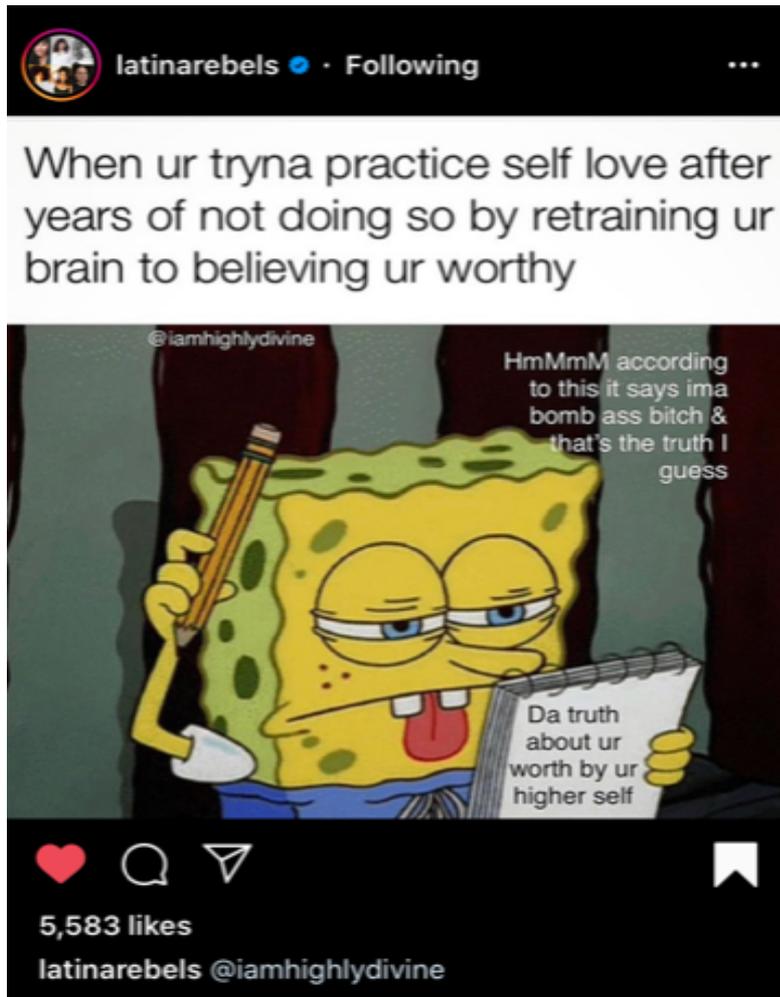
Mentimeter



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# Self-worth



# Dicussion



What is self-worth? How did you come to find that worth personally? What does that look like in practice?



Take a minute to describe in the chat how you might answer these questions.

# Self-worth & Boundaries



**Your worth is not correlated to sex, your family or background, your body, or any type of physical characteristic!**

**You are worthy because you exist**

## Creating Boundaries are:

- Demanding others to see & respect your worth
- They ensure your safety
- They keep you healthy

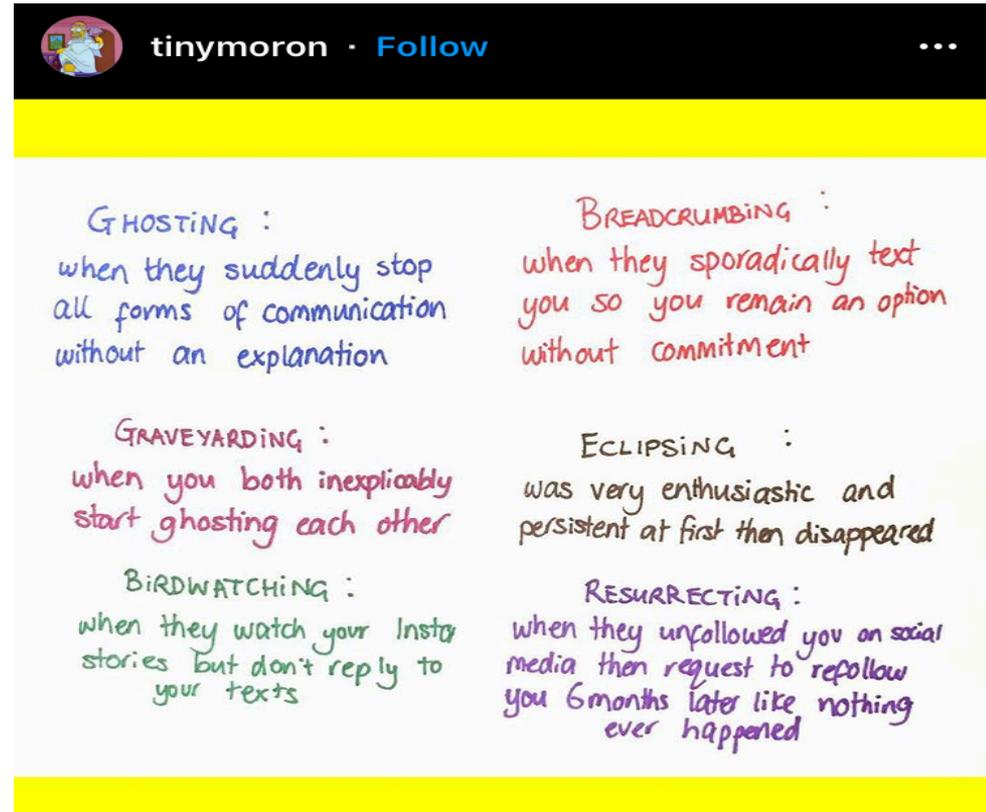
# Discussion



Do any of you have examples of standing up for yourself when someone was breadcrumbing or ghosting you?



Take a minute to describe in the chat how you might answer these questions?



# Self-worth & Relationships



**The Sex Coach, MFT**  
@Raquel\_Savage



I'm in the process right now of unpacking and (re)learning how to approach a relationship in a healthy way and something I've noticed is how important it is FOR ME to be clear about my needs, communicate them and NOT hope my needs will be intuited by my partner.

18:11 · 29/01/2019 · [Twitter for iPhone](#)

# Discussion



Thinking about how boundaries shift for different relationships throughout time (siblings, co workers, romantic relationship), Have you ever had a relationship dynamic shift, for good/bad, after laying a boundary?



Take a minute to describe in the chat what that looked like?

# Self-worth Tips: Retraining the Brain

Retraining the brain to believe you are worthy outside of what you bring to the world is hard.

How might that look in practice?

During Covid-19? - In what ways does Covid-19 make these feelings related to self-worth challenging?

In the system?

What are some ways you check in with yourself?

Take a minute to describe in the chat how you check in with yourself?

# Tips to practice self-worth

Self affirmations (act of love that you proclaim to and for yourself)

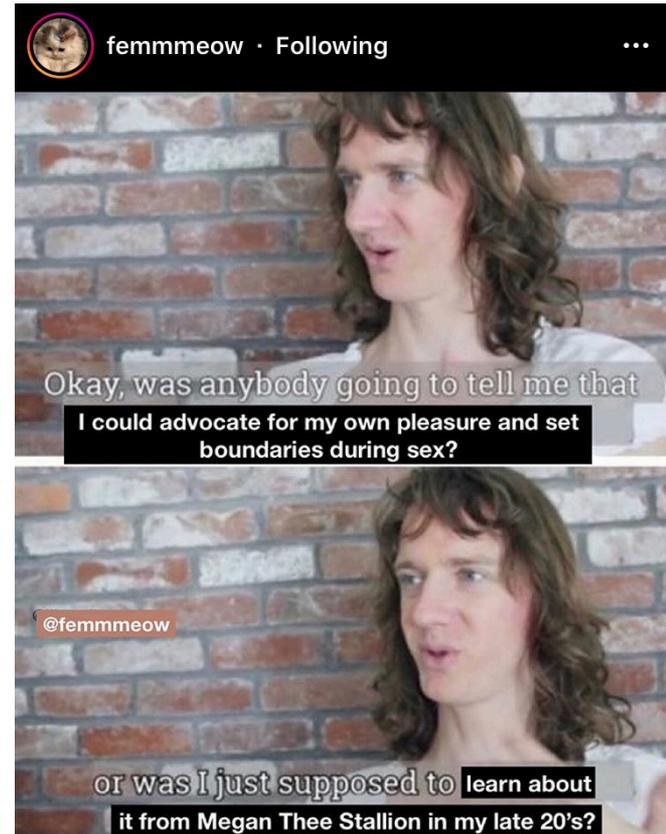
Practicing NO when you know something is off

Make room for failure (Sometimes you will fail and that is ok. You can always try again)

Learn to Love you unconditionally (be nice to yourself)

Cut out bad habits, people and negative thoughts (replace them with positive)

Stand tall (allow youth space to be soft)



# *Let's talk about Consent!*



# Consent Clarification

## consent

● **n.** permission. ● **v.** give permission.  
 ► agree to do something. – PHRASES  
**informed consent** permission granted in  
 the knowledge of the possible consequences.  
 – ORIGIN ME: from OFr. *consente* (n.),  
*consentir* (v.), from L. *consentire*, from *con-*  
 'together' + *sentire* 'feel'.

# Does this mean consent?

**X No**

**Yes** 

They said yes earlier  
Were dating

They said yes to  
something else

They verbally give permission to  
whats about to happen

They didn't say no

They're unresponsive

They're not sober

They're smiling

They're not saying  
anything

They're dressed a  
certain way

## Consent Guidelines

- Let's be clear!
- Can't remember?  
Use F.R.I.E.S

# CONSENT



Freely Given  
Reversible  
Informed  
Enthusiastic  
Specific

 Planned Parenthood®

# Consent is Sexy

- How is that?



# Examples of Communication Tools

- Green, Yellow, and Red lights
- What are some other tools?



Sex is sexy when  
you are invited.  
Always make sure  
consent is clearly  
given.

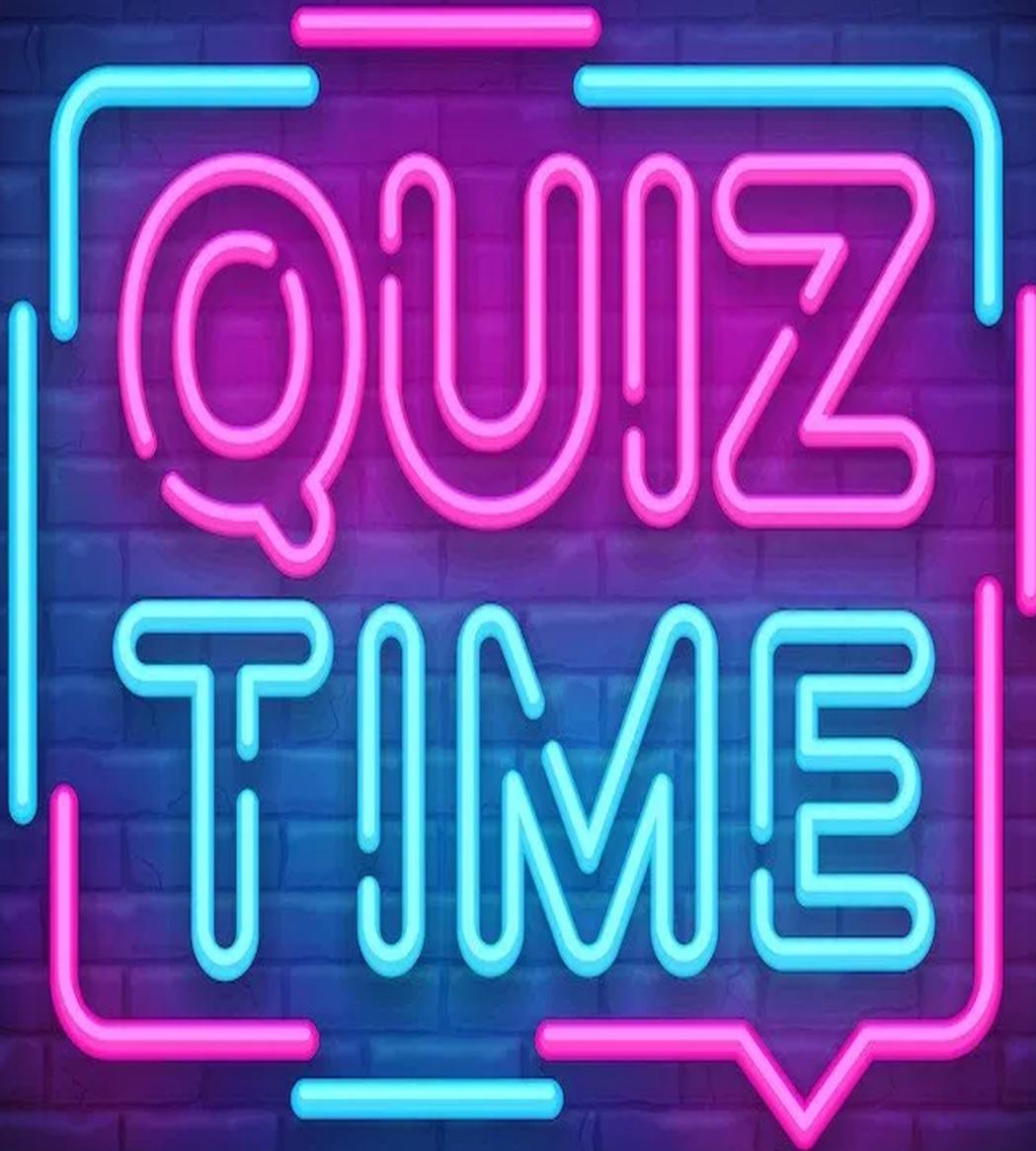
# Consent is Sexy



Getting affirmative consent from your partner  
doesn't "kill the mood" in fact, "confirming consent"  
and "setting the mood" can be the same thing if  
you're creative enough.

Visit [www.iam.org](http://www.iam.org) for ideas to open up the conversation

Do we have  
your consent  
to continue?



Thumbs up  
for yes  
thumbs down/  
no  
participation  
for NO. (We  
respect  
whatever  
decision you  
make!)



NO



YES

# CONSENT IS

**ACTIVE**

Unmistakable via words or actions

**NO** always means **NO**  
Only **YES** means **YES**

**CLEAR**

Direct communication

**KNOWING**

Fully conscious, not impaired by drugs or alcohol

**ONGOING**

Confirmed at each level of sexual activity

**VOLUNTARY**

All are willing participants

**REQUIRED**

Not inferred from clothing, alcohol consumption or dancing

**All sexual interactions must occur between consenting adults.**

For more information, see [hmc.edu/student-life/title-ix-sexual-misconduct](http://hmc.edu/student-life/title-ix-sexual-misconduct).



Office of Title IX

EmPOWER  
Center

## Debrief

- What have we learned?
- What can we take away?

# Wrap up and Summary

Do you feel you have a clear understanding of consent?

I'd like to talk about this first.

Are you OK with this?  
I don't like that, but I can do....

What's your favorite safe word?  
Yes! I'm totally into that.  
No. I don't want to.  
If you're into it I could....  
May I...  
...kiss you?

Does this feel good?  
I like my ears kissed but not my neck.  
What turns you on?  
Do you like this?  
What positions do you like? I liked that last time; right now I'm not in the mood.

I think it's hot when...  
Do you like it when I... ?  
Do you have any trigger points?  
If I change my mind, we'll stop.

Know the difference between consent and assault.

For more information, email Yes Means Yes at [wellness@newschool.edu](mailto:wellness@newschool.edu) or call 212.229.1671. For the university's sexual assault policy, go to [www.newschool.edu/sexualassault](http://www.newschool.edu/sexualassault).

THE NEW SCHOOL

# ASK FIRST

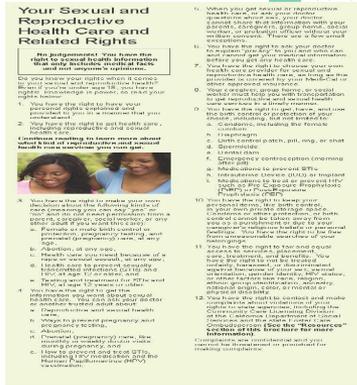
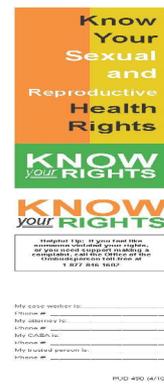
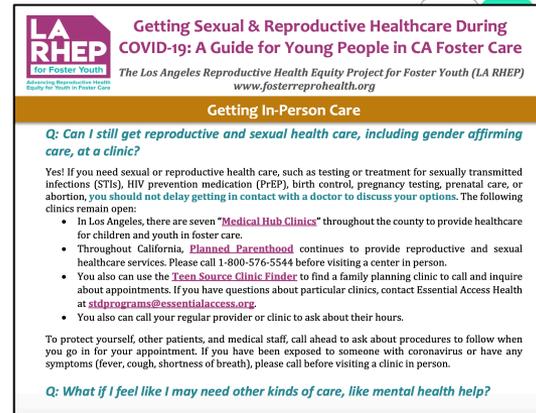
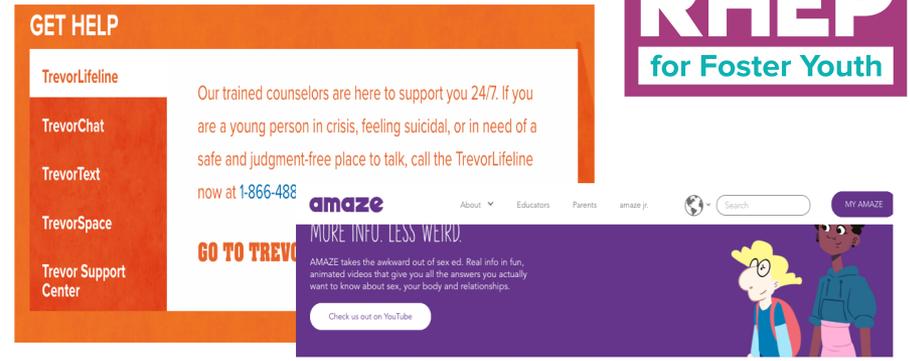
## CONSENT IS HOT, ASSAULT IS NOT

Yes means yes.



# Resources

- [Amaze.org](https://www.amaze.org) has lots of video content & resources primarily geared towards early adolescents.
- [TeenSource.org](https://www.teensource.org) has resources for older adolescents and a clinic finder
- [The Trevor Project](https://www.thetrevorproject.org) is an online support resource for youth who identify as LGBTQI
- LA RHEP's [COVID-19 Resource Guide for Youth in Foster Care](#)
- CDSS [Know Your Sexual and Reproductive Health Rights](#) brochure (also available in Spanish, Tagalog, Vietnamese, Hmong)



## **Not LAPD emergency #'s**

### **Mental Health Resources**

psychiatric mobile response team 310-482-3260  
west la psychiatric emergency team 310-966-6500  
crisis hotline 800-854-7771  
la suicide prevention hotline 310-391-1253

### **Youth Resources**

boys / girls town nat'l abuse hotline 800-448-3000  
CA youth crisis hotline 800-843-5200  
child abuse hotline 800-540-4000

### **Domestic Violence / Sexual Assault Resources**

dv / sa assault hotline 800-339-3940  
la county domestic violence hotline 800-978-3600  
LA RPE AND BATTERING HOTLINES  
CENTRAL LA 213-626-3393  
SOUTH LA 310-392-8381  
WEST SAN GABRIEL VALLEY 626-793-3385  
stalking resource center 855-484-2846

### **People Experiencing Homelessness Resources**

LAHSA winter shelter hotline 800-548-6047  
LAHSA hotline 213-225-6581

### **LGBTQ Resources**

trans lifeline 877-565-8860  
the trevor project 866-488-7386

### **Substance Use Resources**

LA substance use hotline 844-804-7500  
SAMHSA's National Helpline 800-662-4357

### **Elder Resources**

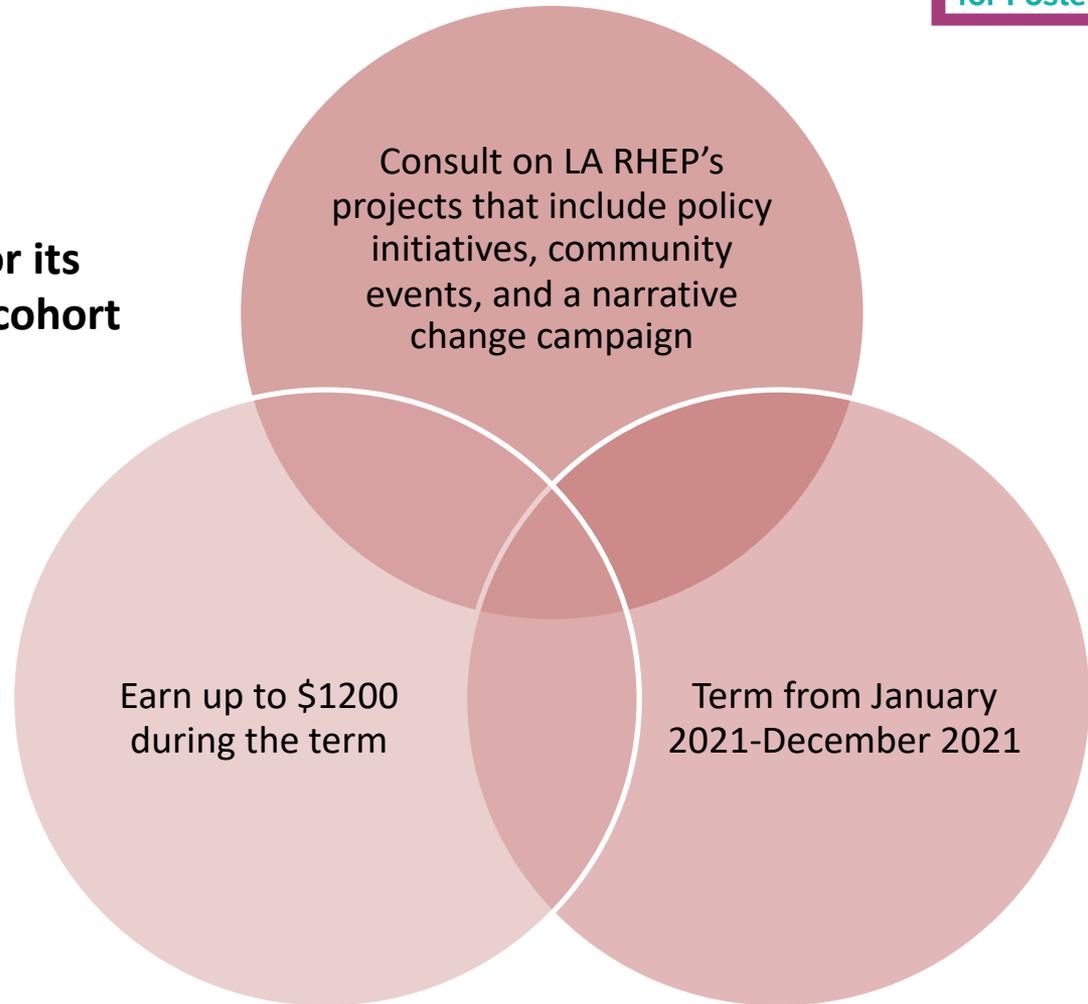
elder abuse hotline 833-401-0832  
adult protective services 800-992-1660

@CRUSTZINE

@crustzine

# Youth Advisory Board

**LA RHEP will be recruiting for its  
2021 Youth Advisory Board cohort  
in December!**



If you are interested  
please email Felicia  
Reyes,  
[freyes@youthlaw.org](mailto:freyes@youthlaw.org)

Stay informed: Sign-up for our email list

First name <input type="text"/>	<input type="text"/>	Last name <input type="text"/>
Email <input type="text"/>		Zip <input type="text"/>
<input type="submit" value="SUBMIT"/>		

Sign-up for our listserv on  
[fosterreprohealth.org](http://fosterreprohealth.org)  
Please scroll to the bottom.

# Q&A with the Presenters

