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 26th 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

To develop a resilient collective impact campaign.

Significantly reduce inequitable reproductive health outcomes experienced by youth in LA County foster care.

Increase access to reproductive & sexual health care & information for youth in LA foster care.
Presenters

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Creating a Self-Love Word Cloud Together

Go to www.menti.com and use the code 25 83 49 7

What does self-love look like to you?
Self-worth & Empowerment

Go to www.menti.com and use the code 8219369

Have you ever struggled with self-worth?

- Yes: 22
- No: 0
- Maybe: 3
Self-worth

Healing isn’t linear

It’s an ongoing process

When you try to practice self-love after years of not doing so by retraining your brain to believing you are worthy.

HmMmM according to this it says ima bomb ass bitch & that’s the truth I guess.

Da truth about ur worth by ur higher self.
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?

- **Ghosting**: when they suddenly stop all forms of communication without an explanation
- **Breadcrumbs**: when they sporadically text you so you remain an option without commitment
- **Graveyarding**: when you both inexplicably start ghosting each other
- **Birdwatching**: when they watch your Insta stories but don’t reply to your texts
- **Eclipsing**: was very enthusiastic and persistent at first then disappeared
- **Resurrecting**: when they unfollowed you on social media then request to repollow you 6 months later like nothing ever happened
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 intuitied 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

Does this mean consent?

× No

They said yes earlier
Were dating
They didn't say no
They're not sober
They're not saying anything

They said yes to something else
They're unresponsive
They're smiling
They're dressed a certain way

Yes

They verbally give permission to what's about to happen
Consent Guidelines

- Let’s be clear!
- Can't remember? Use F.R.I.E.S
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.
Do we have your consent to continue?

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

- What have we learned?
- What can we take away?
Wrap up and Summary

Do you feel you have a clear understanding of consent?
Thank you for being apart of our space
Resources

• **Amaze.org** has lots of video content & resources primarily geared towards early adolescents.
• **Teensource.org** has resources for older adolescents and a clinic finder.
• **The Trevor Project** 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).
Resources

**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
- Suicide prevention hotline: 310.391.1253

**Youth Resources**
- Boys & girls town nat'1 abuse hotline: 800-498-3000
- 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
- LARPE AND BATTERING HOTLINES: 213-626-3393
- CENTRAL LA: 310-392-8381
- SOUTHLA: 626-793-3385
- WEST SAN GABRIEL VALLEY: 855-494-2846
- Stalking resource center: 800-999-5842

**People Experiencing Homelessness Resources**
- LAHSA winter shelter hotline: 800-548-6047
- LAHSA hotline: 213-325-6581

**LGBTQ Resources**
- Trans lifeline: 877-565-8860
- 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!

Consult on LA RHEP’s projects that include policy initiatives, community events, and a narrative change campaign

Term from January 2021 - December 2021

Earn up to $1200 during the term

If you are interested please email Felicia Reyes, freyes@youthlaw.org
Sign-up for our listserv on fosterreprohealth.org
Please scroll to the bottom.
Q&A with the Presenters