## What is the curriculum?

Healthy Sexuality Presentations are:

- Designed to give people the tools and information they need to make informed, healthy decisions about relationships and their sexual health.
- Interactive to allow audience members the opportunity to learn and have their questions answered.
- Customized to be age-appropriate for each group.
- Planned Parenthood provides sexuality education to individuals, schools, and religious and perochial organizations.
- To ensure that everyone has access to accurate, comprehensive sex ed, Planned Parenthood educational services are available for little or no cost. Please contact the Director of Education to create a personalized payment plan.

Planned Parenthood of Kansas and Mid-Missouri works to ensure every individual has the knowledge, opportunity and freedom to make informed, private decisions about reproductive and sexual health care.

# **Contact Information**

For more information on any of our educational workshops or services throughout Kansas and Missouri, please contact:

Sarah Aanestad, Director of Education 913.312.5100 ext.226 PPKMEducation@ppkm.org

¡Hablamas Español! BilingualEducation@ppkm.org

Below is a list of web sites you can access to help you communicate with your child about healthy sexuality:

www.teenwire.com www.ppfa.org www.kff.org www.siecus.org www.myspace.com/plannedparenthoodyf www.guttmacker.com www.advocatesforyouth.org www.teenpregnancy.org



Sexuality education for



# Family educational services & workshops

These one-day workshops are designed to give children, along with their parents or other caring adults, an opportunity to explore age-appropriate issues related to healthy sexuality and work to improve communication.

### Current Programs Available:

Mother & Daughter Workshop: grades 4-6 Topics include: Body Image, Puberty and Talking about Values

Mother & Daughter Workshop: grades 7-10 Topics include: Sex & the Media, STIs, Safer Sex, Contraception and Talking about Healthy Sexuality

**Parent & Son Workshop:** grades 4-6 Topics include: Body Image, Masculinity, Puberty and Talking about Values

## **Educational tools & services**

Education Library. Planned Parenthood offers a variety of informational books, videos, games, and periodicals for your educational use. You may check out any materials at our administrative offices in Overland Park.

Baby, Think It Over. Planned Parenthood rents computerized babies to schools and organization to use as a tool in sexuality education.

# Youth educational workshops & services

- Choices & Consequences: making healthy decisions
- Birth Control Jeopardy: the 4-1-1 on contraception
- Avoiding the Love Bug: STIs and proper condom usage
- I'm All That: building self-esteem
- Mirror Image: reflecting on society and body image
- Spread the Word: communication skills for life
- What's Love Got to Do with It?: promoting healthy relationships
- More Than Sex: sexuality through life
- It's All Normal: puberty and hygiene
- Understanding Abstinence: a healthy choice
- It's Your Body: reproductive anatomy
- Who Decides?: consent and sexual activity



# **Education for parents**

Parents are the foundation for effective sex education. And children whose parents talk with them about sexuality are more likely to delay sexual activity and make healthy decisions.

In fact, surveys show that teens find it easier to delay sexual activity and avoid pregnancy if they're able to have open, honest conversations about sexuality with their parents.

Planned Parenthood's "Talking with Kids about Sex" program helps parents understand which sex education topics are appropriate at all stages of child development, making communicating about sexuality easier and more effective.

