

PLANNED PARENTHOOD OF NEW YORK CITY

# Training, Education, and Community Health (TEACH) for City Schools

2008

In December 2007, the Centers for Disease Control and Prevention announced that the national teen birth rate increased for the first time in fourteen years. This news, along with recent reports about high rates of sexually transmitted infections (STIs) among adolescent girls and rising HIV infection rates among New York City teens, confirms the need for comprehensive sex education for young people. Planned Parenthood of New York City (PPNYC) believes that young people, parents, and teachers need knowledge and tools to help promote healthy behaviors.

PPNYC is a pre-qualified vendor of Student Support Services for the New York City Department of Education and makes available the following teen, parent, and teacher programs:

## Teen Programs

**Gurlz Talk** and **FELLAS** are single-sex health programs for girls and boys aged 11 – 19 that focus on communication and self-advocacy skills. The programs consist of 15 weekly after-school sessions that address the relationship between positive health practices and healthy dialogue, in the context of teen pregnancy prevention and healthy relationships.

Session topics include self-esteem, communication skills, healthy relationships, puberty, what girls/boys need to know to take care of their sexual health, goal setting, and teen pregnancy prevention/abstinence/sexually transmitted diseases.

These programs encourage creative expression through journal writing, poetry, affirmations, and other exercises that cultivate communication skills. While learning the importance of making responsible decisions and avoiding conflict to prevent violence, students also learn about creative avenues into which they can channel their emotions.

PPNYC recommends that FELLAS and Gurlz Talk modules be purchased together.

**Taking Care of You** is a series of workshops that address sexual and reproductive health and communication skills. The entire series consists of self-contained workshops on a variety of topics, including Anatomy, Contraception, HIV/STI Prevention, Communication and Negotiation Skills, Healthy Relationships, Values Voting, Gender Roles, Harassment and Bystander Behavior, and Peer Pressure/Misperceptions.

This series is offered in middle schools, with PPNYC educators conducting two workshops per month, over a three-month period. More than one series can be conducted in a school per year.



## Teacher and Administrator Training

PPNYC offers day-long professional development workshops for teachers and administrators that promote respect for multi-cultural diversity. Workshops are available on such subjects as Talking with Youth about Tough Topics: Sexual Behavior, Sexual Orientation, and Sexual Harassment; Media Messages and Their Influence on Youth; and Creating a Safe Space: Prevention and Advocacy Techniques to Empower Lesbian, Gay, Bisexual, Questioning, and Transgender Youth. *(Continued on other side)*

PLANNED PARENTHOOD®  
1-212-274-7200 [www.ppnyc.org](http://www.ppnyc.org)



Planning  
is Power.

PPNYC can also design workshops that will specifically meet the needs of the faculty in a particular school or region.



## Parent Workshops

Through our Adult Role Models program, PPNYC offers a series of four workshops led by trained parent peer educators on how to talk to children about sexuality.

The series can be conducted for groups of up to 25 parents.

For more information or the costs of the programs described in this flyer, please contact Marissa Billowitz at [Marissa.Billowitz@ppnyc.org](mailto:Marissa.Billowitz@ppnyc.org) or (212) 274-7338, or fax back the form below.

Thank you. Staff from PPNYC's Education and Training Department will be in touch with you!

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Please fax this form to (212) 274-7300, indicating the program(s) in which you are interested:

**Teen Programs**

\_\_ Gurlz Talk and FELLAS

\_\_ Taking Care of You

**Teacher and Administrator Training**

**Parent Workshops**

**Name** \_\_\_\_\_

**Title** \_\_\_\_\_

**School or district** \_\_\_\_\_

**Phone number** \_\_\_\_\_

**E-mail** \_\_\_\_\_