

The Education Department at Planned Parenthood of Houston and Southeast Texas provides medically accurate information about reproductive health and sexuality that is vital for informed, healthy adolescents and adults.

If you would like to schedule a presentation, please visit the Local Education and Training section of our website at [www.pphouston.org](http://www.pphouston.org). You can choose any combination of the programs below or we can design a program to meet your needs.

See chart below for programs offered.

Curriculum/Program	Age	Session(s)	Time	Synopsis
<b>Parents as Sex Educators Workshop</b>	<b>Parents</b>	1	2 hrs	<ul style="list-style-type: none"> <li>• Tools for talking to children about sexuality</li> <li>• How to talk to your child(ren) about sex, and sex-related topics</li> <li>• Increase parents' comfort levels with discussing the hard issues</li> <li>• Recognizing signs of sexual abuse</li> <li>• Normal sexual development</li> </ul>
<b>Healthy Sexuality for Professionals</b>	<b>Professional Staff Training</b>	Flexible	Flexible	<ul style="list-style-type: none"> <li>• Increasing comfort when talking about sexuality</li> <li>• Teaching sexuality education</li> <li>• Curriculum can be designed for specific populations</li> </ul>
<b>Contraception &amp; STDs (One day only presentation)</b>	<b>12 – Adult</b>	1	60 – 90 min	<ul style="list-style-type: none"> <li>• Different methods, how to use, and effectiveness</li> <li>• STD signs, symptoms, and prevention</li> </ul>
<b>Healthy Relationships</b>	<b>12-Adult</b>	1	45 to 60 min	<ul style="list-style-type: none"> <li>• Identifying Healthy &amp; Unhealthy Relationships</li> <li>• Clarifying Values and Expectations</li> <li>• Avoiding and</li> <li>• Ending Unhealthy Relationships</li> </ul>
<b>Contraception</b>	<b>12 – Adult</b>	1	60 min	<ul style="list-style-type: none"> <li>• Overview of different methods</li> <li>• How to use correctly</li> <li>• Effectiveness rates</li> </ul>
<b>Sexually Transmitted Diseases</b>	<b>12-Adult</b>	1	60 min	<ul style="list-style-type: none"> <li>• STD signs, symptoms, and prevention</li> </ul>
<b>Puberty</b>	<b>9 – 13</b>	1	60 min	<ul style="list-style-type: none"> <li>• Addresses the physical and emotional changes that occur in youth</li> </ul>
<b>Anatomy &amp;</b>	<b>13 – Adult</b>	1	60 min	<ul style="list-style-type: none"> <li>• Male and Female</li> </ul>

<b>Reproduction</b>				reproductive system <ul style="list-style-type: none"> <li>• Myths about the body, pregnancy, and sexuality</li> </ul>
<b>HIV/AIDS</b>	<b>12 – Adult</b>	1	60 min	<ul style="list-style-type: none"> <li>• Transmission</li> <li>• Myths and facts</li> <li>• Resources for testing</li> </ul>
<b>Influence: Friends, the Media, and Sex</b>	<b>12 – 19</b>	1	60 min	<ul style="list-style-type: none"> <li>• What influences young people to have sex or abstain</li> <li>• Examples of positive and negative influences</li> <li>• How to resist negative influences about sex</li> </ul>
<b>Dealing With Sexual Pressure</b>	<b>12 – 19</b>	1	60 min	<ul style="list-style-type: none"> <li>• Tips on how to avoid pressure situations</li> <li>• Effective ways to say “no” when pressured to have sex</li> </ul>