

Planned Parenthood of Nassau County (PPNC)
EDUCATIONAL WORKSHOPS

Planned Parenthood of Nassau County's staff of highly skilled educators and trainers offers a broad range of workshops on a variety of topics, including those listed below. Our educators can tailor any workshop to the special needs and interests of your organization. Workshops are scheduled at your convenience and take place day and evening, weekdays and weekends. Our multi-lingual staff can conduct workshops in English or Spanish. For further information regarding our educational workshops or to schedule a workshop, please call our department at (516) 750-2650.

*Workshops are always customized to be **age-appropriate**, so that a workshop presented to young children or parents of young children would differ significantly from the same workshop directed at high school students or their parents. While PPNC offers workshops customized specifically for parents, we encourage parents to take advantage of all of the workshops we offer.*

Parent Education:

- Parent-Child Communication
- Issues Around Sexuality Education
- Talking With Kids About HIV/AIDS
Talking With Your Kids: The Tough Issues
- "Girls Night In" and "From Boys to Men"

Body & Self:

- Body Image
- Clarification of Values, Attitudes & Beliefs
- Self-Esteem
- Boys and Girls Puberty
- Anatomy & Physiology

Healthy Relationships:

- Fostering Healthy Relationships
- Communication & Listening Skills

Sex & Sexuality:

- Sex and Sexuality
- Male Sexuality
- Female Sexuality
- Sex Jeopardy

Sex & the Media:

- Media Literacy
- Media Images and Self-Esteem

Risk Reduction:

- Testicular Health/Self-Examination
- Contraceptive Choices: Making Informed Decisions
- Sexually Transmitted Infections: Staying Safe
- HIV/AIDS
- Preventing & Identifying Sexual Abuse
- Planned Parenthood Services
- Safer Sex
- Decision Making
- Delaying Intercourse

The following are descriptions of some of our most popular workshop presentations:

1. **Anatomy and Physiology** – Through interactive games, this workshop reviews the physical changes during the life cycle and the functions of the male and female reproductive systems.
2. **Contraception: Making Informed Choices** – Participants are given an overview of the available contraceptive options including abstinence, barrier and hormonal methods so that they can make informed, responsible decisions about their sexual health.

3. **Sexually Transmitted Infections (STIs): Staying Safe** – In this workshop, participants learn the signs and symptoms of common STIs as well as how to lower their risk of infection through abstinence, partner communication, safer sex practices, and regular medical exams.
4. **HIV/AIDS** – Participants will learn the difference between being HIV positive and having AIDS, how HIV attacks the human immune system, bodily fluids that transmit HIV, modes of transmission, and prevention methods.
5. **Sex & Sexuality** – Through activities such as games and brainstorming, this workshop focuses on clarifying the difference between sex and sexuality, sources of learning about sexuality, and the impact of culture on sexuality. Workshops can be geared towards a very sex positive message expressing that sexuality is a normal and healthy part of who we are and should be embraced.
6. **Values Clarification** – Through various activities, participants will learn to recognize how values/attitudes influence their decisions and practice separating personal beliefs from the beliefs and influences of others.
7. **Decision Making** – This interactive workshop will permit participants to become familiar with the decision making model and how they can use it in their own lives. Participants will be able to consider how they come to decisions and become more conscious of the ways in which they may do this in the future. This workshop may be within the context of sexual decision making or decision making in general.
8. **Self-esteem** – Participants explore the concept of self-esteem and discuss the factors that can help to raise or lower their personal sense of worth and satisfaction. They will also engage in activities that encourage self-awareness and will help them to realize their strengths.
9. **Testicular Self-exam** – This workshop communicates the importance of self-examination and of regular, preventative health care measures. Participants will learn about risk factors, explore myths and facts associated with testicular health and will learn step by step how to conduct a self-exam. Participants practice conducting self-exams on life-like models.
10. **Communication & Listening Skills** – This workshop helps participants explore the advantages and disadvantages of various communication styles with a focus on positive expressions of feelings, thoughts and intentions. Workshops address assertive communication, active listening and being an effective communicator, and can focus primarily on one of these topics.
11. **Male Sexuality** – This workshop examines how traditional male gender roles inhibit open communication between men and women, and how this may contribute to higher incidences of unprotected sex, teenage pregnancy, sexually transmitted infections, and even rape. Participants learn to recognize myths of “masculinity” and define what it means to be an involved and responsible man.
12. **Parent-Child Communication** – To help children grow into healthy adults capable of making responsible decisions about their sexuality, parents must provide clear and “open” parent-child communication. This workshop provides tips for parents about sexuality education and a discussion about what children should know and when they should know it.
13. **Boys & Girls Puberty** – These separate workshops, usually conducted for children with their parents, examine the physical and emotional changes that occur during puberty. Through interactive games, including a parent-child communication activity and anonymous questions, the boys and girls gain necessary information to feel more comfortable during these changes.

14. **Fostering Healthy Relationships & Friendships**– In this workshop, participants identify what it is they desire and need from their relationships with friends, family and romantic partners. Participants explore communication patterns among friends and couples, brainstorm ways to improve relationships, and learn how to identify relationships that may be unhealthy.
15. **Sex & the Media** – In this workshop, participants will examine various forms of the media like TV, advertising and music and discuss what messages they are sending about sexuality. The facilitator will also lead a discussion about whether the media has an influence on them and their peers.
16. **Sex Jeopardy** – As a jeopardy game, participants are asked to test their knowledge on topics such as sexually transmitted infections, birth control, and anatomy & physiology.
17. **Girl's Night In / From Boys to Men** - Parent-child communication in regards to sex and sexuality may create feelings of discomfort or present a challenge in where to begin and what to say. Creating an environment for positive, comfortable conversations is one key to start opening the doors of communication between parents and children. This program was developed using the idea of a "tupperware" party, in that it is held in someone's home to create the safest and most comfortable environment to have open and honest discussions. It is catered to ages 9 and above for both boys and girls, and their parents.
18. **Safer Sex** – There are many ways to create a healthy and safe sexual relationship. In this workshop participants will learn a variety of methods that will make all sexual activity safer including talking openly and honestly with a partner, getting tested for Sexually Transmitted Infections and using different methods of contraception with a focus on barrier methods of birth control.