

PLANNED PARENTHOOD® OF NEW YORK CITY EDUCATION and TRAINING

Our Mission

To empower individuals to make independent, informed decisions about their sexual and reproductive lives, Planned Parenthood of New York City provides information and health care, and promotes public policies that make those services available to all.

Planning *is* Power.

Programs for Youth

Evidence-Based Programs

Always on the forefront, PPNYC is implementing two evidence-based interventions to reduce adolescent sexual risk behaviors in high-risk communities in Brooklyn, Manhattan, and the Bronx:

“Making Proud Choices” (MPC) is an evidence-based STI, HIV, and pregnancy prevention program for boys and girls aged 11-13. We are bringing MPC to selected after-school programs through a collaboration with the Partnership for After School Education (PASE). We are also offering MPC through community organizations and middle schools.

“Be Proud, Be Responsible, Be Protective” is an evidence-based HIV prevention program designed for mothers or pregnant girls in the 7th-12th grades. The curriculum emphasizes maternal protectiveness and sexual responsibility and accountability.

Teen Advocates

Highly trained peer educators from Brooklyn, the South Bronx, and the Lower East Side of Manhattan who use interactive presentations to educate young people about teens’ rights and access to sexual and reproductive health care. Teen Advocate workshops can be scheduled during the work week between 4 pm and 7 pm. The workshops feature lively, engaging discussion with the audience. By encouraging audience involvement, the Teen Advocates draw young people into participating in their own education.

Teen Nights

To overcome barriers that teens experience in getting sexual and reproductive health care, PPNYC has special “Teen Nights” at

our Manhattan, Bronx, and Brooklyn health centers, where teens can participate in free workshops and obtain services in a friendly environment.

Gurlz Talk

A sexual health program for girls aged 11-19. The program consists of 12 sessions that teach young women the skills they need to make independent, informed decisions so they can lead sexually healthy, safe, and responsible lives. Topics covered during the sessions include: puberty, abstinence, sexual health care, sexually transmitted infections/HIV prevention, teen pregnancy prevention, self-esteem, goal setting, communication skills, and healthy relationships. The program also encourages creative expression through journal writing, poetry, affirmations, and other exciting exercises.

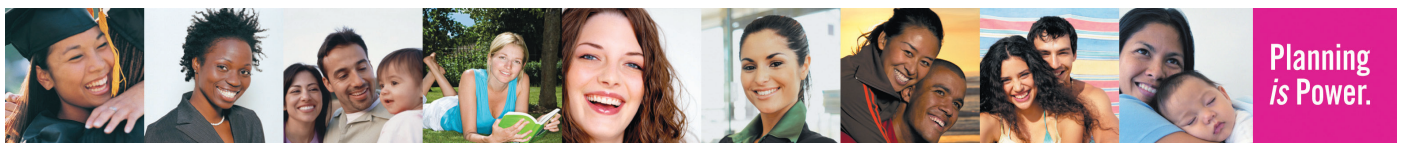
FELLAS

A sexual health program for boys aged 11-19. The program consists of 12 sessions that provide young men with the information they need to lead sexually healthy, safe, and responsible lives. Topics covered during the sessions include: puberty, abstinence, sexual health care, sexually transmitted infections/HIV prevention, teen pregnancy prevention, paternity rights and responsibilities, healthy relationships, decision making, and goal setting. Participants discuss the benefits and challenges of being a teenage male. The program offers a fun and supportive environment in which young men can learn how to make healthy decisions in their lives.

Taking Care of You

Provides sex education programs in the Bronx. Through an eight-component workshop series that focuses on sexuality, disease

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prevention, and positive communication in relationships, we highlight the range of options that young people have in order to help them make informed and empowering choices. Our program aims to give all youth, including teen parents, the tools they need to lead healthy lives.

LGBTQ Youth Inclusion Services

We coordinate with LGBTQ-serving organizations to reach LGBTQ youth with educational materials and workshops that address sexual and reproductive health issues and the specific barriers that LGBTQ youth experience in getting health care.

Male Inclusion Services

Through community outreach, forums, and one-on-one interactions, we aim to reach adolescent and adult males in the Bronx, Brooklyn, and Manhattan with health education materials, safer sex kits, and information about accessing sexual and reproductive health services.

Programs for Adults

Adult Role Models

Local parents trained by Planned Parenthood of New York City (PPNYC) to help other caring adults talk with their kids about sexuality and strengthen parent-child relationships. Parents and caregivers are the main sexuality educators of their children, and research shows that when parents and children communicate openly about sexuality and maintain a strong relationship, children delay the onset of sexual activity and use birth control more effectively when they do become sexually active. Adult Role Models facilitate a four-part workshop series in schools and community organizations throughout the city.

Promotoras de Salud

Neighborhood women trained by PPNYC to serve as peer educators and advocates in their communities. The Promotoras seek to increase access to sexual and reproductive health care centers and family planning services for Latina immigrants in New York City.

Training Institute

Prepares professionals to serve as trusted educators and facilitators in their agencies and communities. The Institute offers more than 20 annual trainings, forums, and webinars on sexual and reproductive health issues, best practices, and model education programs. We train more than 250 professionals who then reach thousands of community members.

Capacity Building Assistance

Helps institutions and organizations to develop and strengthen their infrastructure, policies, and educational programs related to sexual and reproductive health. We work with administrators and staff to enhance their ability to provide sexual and reproductive health education and referrals to their clients.

Publications

PPNYC publishes brochures and guides about sexual and reproductive health. A number are specifically for teens or for parents and are available in both English and Spanish. They can be downloaded from our website at <http://www.plannedparenthood.org/nyc/publications-15145.htm>. These publications cover a variety of topics including healthy relationships, body image, sexuality, gender, and how to talk with your kids about sex.