

PLANNED PARENTHOOD OF NEW YORK CITY

# FELLAS & GURLZ TALK PROGRAMS

## 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.**



**FELLAS** is 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 session 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 learn about various sexual health topics and 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.



**Gurlz Talk** is 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, decision making, and healthy relationships. The program also encourages creative expression through journal writing, poetry, affirmations, and other exciting exercises.

## For more information, contact:

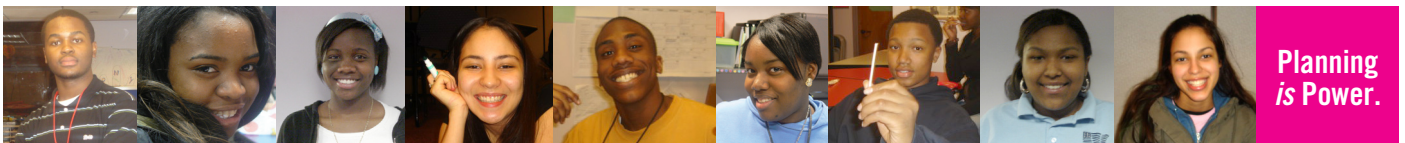
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