

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

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