

**Professional/Community
Workshop, Training and Program Directory**

**For More Information
Call: 838-1200 x103
Email: education@ppmhv.org**

Visit our web site at www.ppmhv.org

MISSION

Planned Parenthood Mid-Hudson Valley empowers individuals to make independent, informed decisions about their sexual and reproductive lives by providing access to high quality, evidence-based and medically-sound health care and educational services, and by promoting and advocating for public policies to make those services available to all.

Planned Parenthood Mid-Hudson Valley's services allow each individual to manage his or her fertility regardless of income, marital status, race, ethnicity, sexual orientation, national origin or residence. We assist our clients to have the self-confidence to make voluntary, sexual and reproductive health decisions while preserving the individual's right to privacy.

Planned Parenthood Mid-Hudson Valley is known for the quality and professionalism of its programs. Experienced educators work with diverse groups in many different settings to provide reality-based sexuality education in a creative and engaging manner. Programs are structured around individual and group activities, and are designed to be flexible and responsive to the needs of each group.

PPMHV's Health Education staff provides professional training sessions for groups of teachers, youth leaders, school nurses, counselors, community health professionals, and others. The programs are designed to enhance professional skills and provide participants with specific teaching strategies and instructional aids. Please call for further information or to arrange a session for your group.

We are happy to offer our educational programs to diverse populations including parents, professionals, youth, teens, college students, and people with special needs.

The following list and sample workshops are intended to help you choose a program topic. We can also design a program to meet your specific needs. Please contact us if there is a program you are interested in that is not listed. All of our workshops are interactive and skill based and can be tailored to each group's needs.

WORKSHOPS

Below is a sample of workshops that can be customized for parents, professionals and youth (age appropriate). Additional topics are also available. Please call for more information.

Ask the Educator

This workshop is developed in conjunction with an “Ask the Educator” box that is provided to encourage program participant interaction. A question “box” can be dropped off a week or so in advance. The Health Educator will bring information about PPMHV services, a birth control kit and STI information to help supplement the discussion generated by questions.

Works well with transient/changing group participants or as an introduction to sexual health topics.

Body Image/Self Esteem

Some teens struggle with their self-esteem and body image when they begin puberty because it's a time when the body goes through many changes. These changes, combined with wanting to feel accepted by our friends, means it can be tempting to compare ourselves with others.

With images of “the perfect body” plastered throughout the media it becomes easy for teens, especially young girls, to feel that their perception of appearance is directly linked to their self worth. Designed for middle school students, this workshop will allow participants to discover various factors that affect their body image and develop strategies for maintaining a healthy body image while increasing their self esteem.

Birth Control Options

Teaching about birth control methods is more than just a “show and tell” of objects and devices. Our program begins by helping teens examine the many reasons why young people have difficulty using birth control consistently or effectively. Both males and females are encouraged to take responsibility for their sexual decisions and behavior. All methods of contraception, including abstinence are explored in detail. This workshop also discusses the rights of minors and their access to reproductive health care.

Friendship, Flirting or Harassment?

Designed for middle and high school students, this program explores the differences between flirting, friendship, and sexual harassment. The program helps students learn to identify the kinds of feelings, verbal as well as electronic exchanges, and touches that are associated with flirting and distinguish them from sexually harassing behavior. Teens are encouraged through this program to develop healthy relationships based on clear communication and mutual respect.

Healthy Relationships

Designed for middle and high school students, this program explores the various types of relationships that may exist in our lives, learn different communications styles, and identify and differentiate between “healthy” and “unhealthy” relationships. Participants will develop strategies to make and maintain healthy relationships in their own lives.

Male Health Update

This one-hour workshop is designed to explore the male reproductive anatomy as well as answer many common questions that men have, but might not feel comfortable asking. What should I expect at an exam? How do they test for STIs? Hernia? Prostate? How should I prepare? Group discussion prepares men for these important screenings and exams. Risk factors, techniques for performing a self testicular exam, signs and symptoms, and condom use skills are addressed.

Sexually Transmitted Infections, HIV/AIDS and Safer Sex

When young people engage in sexual activity, they face many risks. Identifying these risks, teens can learn skills to protect themselves, act responsibly, and be as safe as possible. This program discusses a full range of sexually transmitted infections and explores ways to protect against transmission. Safer sex practices will be discussed including the correct use of condoms and dental dams.

Sexting

This program addresses the current phenomena hitting our communities and our schools: Sexting-the act of taking, sending, or receiving explicit pictures of a minor via cell phone or the internet. Program can be conducted assembly-style for students, in Table Talk workshops, for Parent Groups and for professionals (entitled “The Sexting Issue in Schools: How to become a Sextpert Educator”).

Sexual Diversity

Homophobia and discrimination can have profound negative effects on gay, lesbian, bisexual and transgender people (GLBT), and especially on GLBT young people. Young people can grow up in an environment of overwhelmingly negative messages about being gay or lesbian, and school years can be the hardest. This program is designed to dispel myths and stereotypes, understand the components of sexual identity, and distinguish the difference between sexuality and sexual orientation.

Women’s Health Update

This 90-minute workshop is designed to dispel myths, educate and encourage discussion in a relaxed and fun way. Participants will explore the female reproductive anatomy as well as learn the answers to many common questions: When to go to the gynecologist? What should I expect at each exam? Do the screenings hurt? How should I prepare? Group discussion prepares women for these important screenings and exams. Risk factors, signs and symptoms, and what to expect if a lump is detected are also covered during the presentation.

EVIDENCE-BASED CURRICULUMS

Making Proud Choices! is a comprehensive sex education curriculum that aims to reduce young adolescents' risk of acquiring HIV and other STDs and their risk for pregnancy. The intervention is designed to increase knowledge about HIV, STDs, and pregnancy prevention, promote skills supportive of abstinence and safer-sex practices, and increase adolescents' ability to use condoms correctly. Target audience is middle-school age youth and can be facilitated at middle schools or youth-serving community-based programs. Programming consists of nine (9) sessions that can be broken down to weekly, multi-weekly, 2 day or 1 day sessions.

¡Cuidate! is an HIV risk-reduction program specifically for Latino youth. The program is an adaptation of the Be Proud! Be Responsible! program. *¡Cuidate!* also incorporates salient aspects of Latino culture, specifically familialism (the importance of family) and gender role expectations. The program presents both abstinence and condom use as culturally accepted and effective ways to prevent sexually transmitted diseases, including HIV. Target audience is Middle School, High School, community-based programs. Can be facilitated in Spanish. Programming consists of seven (7) sessions that can be broken down to weekly, multi-weekly, 2 day or 1 day sessions.

Be Proud! Be Responsible!* is a curriculum that provides High School adolescents with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. To change behavior, adolescents need not only information and a perception of personal vulnerability, but also the skills and the confidence in their ability to act safely. Programming consists of seven (7) sessions that can be broken down to weekly, multi-weekly, 2 day or 1 day sessions.

Add on: *Safe or Sorry* (SOS) Youth Leadership Series (to any Evidence Based Program)

The SOS Program trains teens to provide pregnancy and HIV/STI prevention education for their peers. Through fun, interactive training sessions, teens learn about human reproductive systems, sexuality, abstinence, healthy relationships, sexually transmitted infections, substance abuse, harm reduction, and communication skills. Educators provide the education and training to help youth safely and effectively work with their peers.

GROUP SERIES PROGRAMS

Knowledge Empowers You (KEY)

This three session series is designed for adolescents aged 9 - 12. It is an interactive program that focuses on reproductive anatomy and the physical and emotional changes which occur during puberty. Participants receive a workbook and pamphlets on puberty to share with family and friends. Groups are gender-based.

Girls Circle**

Girls Circle is a structured support group curriculum that helps girls ages 9-18 years make healthy decisions. The curriculum consists of nine separate activity guides that are implemented within an 8-12 week period. Themes include friendship; being a girl; body image; diversity; connections between the mind, body and spirit; expressing individuality; relationships with peers; identity; and paths to the future. *Girls Circle* groups (of 6-10 girls, within a one or two year age difference, or close in their developmental stages) are held weekly. The structure helps foster respect in the young girls for themselves and for each other. The group offers them an opportunity to express themselves using journaling, poetry writing, acting, role playing, drawing, working with clay and/or dancing.

Boys Council**

Boys Council is a structured 10-week curriculum for boys aged 9-18 years (age grouped) designed to engage, challenge, celebrate, develop, and unite boys. Competition, bullying, recognizing and expressing emotions, male and female role expectations, self confidence, and teamwork are highlighted through games and team challenges. Boys develop vocabulary and skills to expect and enact fairness, healthy competition, and respect for self and others. Young men gain skills and knowledge to navigate growing up male in today's society. Participants will explore: relationships, conflict resolution, education, leadership, community service, diversity, mass media messages, personal values, integrity, and future goals.

**** Programs not currently funded by grants. Fee for service required.**

PARENTING EDUCATION PROGRAMS

Changing Lives- Parent-Child Puberty Workshops

“Changing Lives” is a 2-hour workshop for parents/caregivers and their children ages 9-12 years old (gender pair groups). This program teaches child and adolescent sexual development and provides time for sharing feelings about puberty and growing up male/female. Most importantly, the workshop improves communication between parents/caregivers and their children.

Parent-Child/Teen Workshops

“Table Talk”* is a 2-hour workshop that brings parents/caregivers and teens together to improve communication and discuss important topics. Workshop includes one hour on communication followed by one of the following topics chosen in advance: Sexting, Healthy Relationships, Birth Control Options, Sexually Transmitted Infections and Sexual Orientation.

*Table Talk can also be provided as a parents/caregivers only session in one or two hour workshops.

For Parents & Caregivers Only

“Talking Back and Forth” is a 2-hour workshop for parents/caregivers to help improve communication skills. Parents will learn how to talk with youth about sexuality and sexual activity.

“Let’s Talk: Adolescent Development & Sexual Health” is a 90 minute workshop for parents/caregivers of youth ages 9-18. This program can be adjusted based on the age of the youth. Topics can include: what to expect at what age-birth to teenager, adolescent development, parent-child communication and techniques, risky behavior/trends, minor’s rights and reproductive health information for teens.