

TEEN SEXUAL HEALTH

Helping Teens Stay Healthy in a Sex-Saturated Culture

GOALS - This 2 hour workshop, for the entire staff, will:

- describe the current landscape of teenage sexual activity;
- familiarize participants with the most current medical information regarding teen sex;
- provide practical strategies for bringing a risk avoidance message to teens.

OUTLINE:

1. Present the landscape of teenage sexual activity

- a. high-risk nature
- b. documented prevalence of sexually transmitted disease, teenage pregnancy, emotional impact, depression and correlation with other risk-taking activities
- c. attitudes and behavior
- d. scientific information regarding risk-reduction strategies

2. Enhance adult knowledge by providing

- a. the most current health research on high risk behavior
- b. assistance in integrating new concepts and understandings into content and instruction
- c. information on challenging and developmentally-appropriate ways to engage young people in learning and critical thinking skills
- d. practical everyday strategies

3. Stressing a risk-elimination message for the sake of our teens' health

- a. need to evaluate sources of information that teens access
- b. countering the misleading messages of the culture
- c. reinforcement of positive peer pressure within the school
- d. emphasis on educating teens in good decision-making for healthy choices

*Professional development hours will be awarded for this workshop.
Contact us for cost, further information and scheduling.*