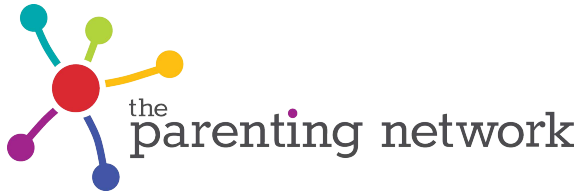


PROMOTING HEALTH AMONG TEENS + RELATE

Youth Services Program



This program is designed to empower teens to be safe, have healthy relationships and prevent dating and peer violence. Promoting Health Among Teens (PHAT) is an abstinence only program designed to give adolescents the tools they need to reduce their risk of pregnancy and sexual transmitted diseases. The sessions are presented by our trained facilitators in your classroom.

AND, THEY ARE FREE!

The Program Manager collaborates with teachers and staff to set up a presentation schedule tailored to the needs of the students and teachers, the curriculum, and the school's calendar.

Each of the 8 to 10 sessions are approximately 55 minutes.

All content and activities are designed to be interactive, as well as culturally and gender sensitive.

For more information:

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Youth Services Program Manager

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Curriculum Objectives

- Increase Knowledge about prevention of HIV, STIs/STDs, and pregnancy
- Increase confidence in a student's ability to negotiate and affirm abstinence
- Strengthen intentions to abstain from sex
- Lower incidences of HIV/STD risk associated with sexual behavior
- Improve communication skills

PHAT Lessons

- Getting to know you and your goals
- Puberty and adolescent sexuality
- Communicating about intentions for abstinence
- Consequences of sex: HIV>AIDS
- Consequences of sex: STIs and STDs
- Consequences of sex: Pregnancy
- Improving Sexual Choices and Negotiation
- Role Plays: Refusal and Negotiation Skills

RELATE Lessons

- Focuses on healthy relationships and the warning signs of dating abuse
- Increases knowledge of sexual harassment, sexting, cyber bullying, and other dating issues
- Promotes proactive behaviors to be safe emotionally and physically
- Connects behavior to long-term personal goal