

Planned Parenthood of Metropolitan New Jersey Education Department

Middle School

Workshops are 45-60 min, each with a student to facilitator ratio of no more than 25:1.

Package A is \$1,200 and Package B is \$600.

Packages include resource materials for students and school staff.

Sample permission slips available upon request.

Package A: Six Sessions

Reproductive Anatomy

Internal and external organs and how they work. Processes such as menstruation, ovulation, and ejaculation explained.

Puberty & Hygiene

The physical, emotional, and social changes that occur as people mature. Trans-inclusive.

LGBTQ+ Inclusivity

Difference between sex, gender, identity, expression, and attraction. Allyship & resources.

Relationships & Consent

Characteristics of supportive relationships, respecting boundaries, teen dating violence

Self-Esteem & Body Image

Exercises to practice self-love and self-care. Exploring the -isms that may affect self-esteem.

Safer Sex

Understanding potential outcomes of sex (STIs and pregnancy) and how to prevent them

*Note: This workshop is meant to serve as an overview, to be scaffolded upon, and does not go in depth on birth control, specific STIs, or demonstrations of safer sex tools

Package B: Three Sessions

Choose Your Own Adventure!

Select three workshops from the basic middle school series on the left, or from the additional topics below:

Internet Literacy and Safety

Birth Control Options

STIs, including HIV

Pregnancy & Childbirth

Pregnancy Options for Teens

Abortion Access in NJ

Each package includes a

FREE 50-min evening Caregivers Workshop

where parents and guardians can meet the facilitators, ask questions, and learn why sex ed is necessary!

Note: must be attended by a member of school faculty or administration

To book a workshop series, call 973-622-3900 ext 1221
or email us at sex.education@ppmnj.org

www.ppmnj.org

 **Planned
Parenthood**
Care. No matter what.

Planned Parenthood of
Metropolitan New Jersey