

# COMMUNITY EDUCATION SERVICES

Our interactive comprehensive presentations provide education that encourage youth and young adults to make healthy, informed decisions regarding their bodies and relationships. All topics are inclusive, medically accurate, age-appropriate, and align with the requirements of the California Healthy Youth Act. All presentations are offered in-person or as live-virtual sessions and available in English or Spanish.

## Elementary School Topics

### Here Comes Puberty!

A workshop for parents/caregivers and their youth to discuss puberty changes, hygiene, and frequently asked questions about puberty.

- Puberty & Hygiene (Grades 4 & 5)

## High School Topics

- Youth Rights & Local Resources
- Gender & Sexuality
- Healthy Relationships
- Human Trafficking
- Anatomy & Pregnancy
- Birth Control Methods
- Sexually Transmitted Infections (STIs)

## Alternative Education Programs

### Equal Voices

A curriculum for youth with adaptive needs:

- Healthy Relationships & Consent
- Puberty & Anatomy
- Sex, Pregnancy & Birth Control
- STI Introduction and Prevention
- Gender & Sexual Orientation
- Online Safety & Safe Social Media

### Male Involvement & Responsibility

Participants learn about how traditional masculinity can impact reproductive health.

## Middle School Topics

- Gender, Stereotypes & Respect
- Healthy Communication
- Healthy Relationships & Consent
- Violence Prevention & Human Trafficking
- Puberty (Grades 6 - 8)
- The Body & Pregnancy
- Birth Control & Delaying Pregnancy
- Sexually Transmitted Infections (STIs)

## For Parents & Caregivers

### Parent/Caregiver-Child Communication

Parents/caregivers learn about the benefits of open and honest communication around sexual and reproductive health with their youth and tips on how to start these important conversations.

### Parent Preview

Parents/caregivers are walked through the Planned Parenthood presentations that will be presented in their student's class and have the opportunity to ask questions.

## For Professionals

### Training for Professionals \* fees may apply

Participants receive the most up-to-date information, including youth rights and access to health services, that encourage participants to become an informed resource for youth. More topics available on our website.