

Sexual Health Curriculum Resources*

9/10 F.L.A.S.H. and 11/12 F.L.A.S.H. updated ed. Elizabeth Reis. Seattle-King County Department of Public Health. 2005. The Family Life and Sexual Health series of curricula addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles. (Also available for 7th and 8th grade.)

Life Planning Education. Advocates for Youth. 1995. Designed to increase teens' knowledge of their sexuality, their responsibilities in parenthood, job-seeking skills, and to provide them with strategies for good communication, goal setting, and decision-making. Spanish edition: Como planear mi vida: un programa para el desarrollo de la juventud.

Making Healthy Choices: A Human Development Curriculum. Evonne Hedgepeth et al. Washington State Department of Social and Health Services. 2000. An 8 volume, comprehensive sexuality education curriculum designed to help high-risk youth be sexually healthy.

Making Sense of Abstinence: Lessons for Comprehensive Sex Education. Bill Taverner and Sue Montfort. Planned Parenthood of Greater Northern New Jersey. 2005. Stresses the importance of all persons defining abstinence for themselves, while teaching accurate information, empowering teens to make good decisions regarding sexual health.

New Vision: A Culturally Sensitive Life Planning Curriculum. Ruth Cohen, Eric Jackson, and Dawn Caballero. Planned Parenthood of Wisconsin. 1991. Designed with African American and Hispanic students in mind. Units cover communication, self esteem, reproductive health, planning for the future, interpersonal relationships, and sexuality. Activities in Spanish are included.

Reducing the Risk: Building Skills to Prevent Pregnancy, STDs and HIV. 3rd ed. Richard P. Barth. ETR. 1996. Sixteen lessons consisting of role plays, class discussion, and homework assignments that focus on helping students improve interpersonal skills and giving them confidence in their abilities to manage difficult situations.

Removing the Risk: Abstinence for High School Students. Richard P. Barth and Nancy Abbey. ETR. 1997. Ten lessons modeling refusal skills and providing a positive approach to abstinence as a viable alternative for students.

Sex Matters: Teaching Healthy Sexuality. Teenwire.com. Planned Parenthood Federation of America. 2005. A kit containing 15 lesson plans, illustrated handouts, pre-tests and post-tests, and a CD-ROM disk of teenwire.com interactive games.

Tackling Gay Issues in School: A Resource Module. Leif Mitchell. Planned Parenthood of Connecticut. 1998. Provides activities that explore the myths and facts about homosexuality and homophobia in our culture.

Sexual Violence in Teenage Lives: A Prevention Curriculum. Judy Cyprian, Katherine McLaughlin and Glenn Quint. Planned Parenthood of Northern New England. 1995. Teaches students how to recognize sexual violence, to reduce the risks of becoming involved in a sexually violent relationship, to get help if they are violated.

*All resources available at Planned Parenthood of Indiana Resource Center. Call 800-421-3731 x 1149.

Faith-Based Sexual Health Education Resources

Faith Matters: Teenagers, Religion, & Sexuality* by Steve Clapp et al. LifeQuest, 2003. This book reveals the Christian Community's national study of 5,819 religious teenagers representing a broad range of faith traditions, ethnic backgrounds, economic levels, and geographic locations.

The Gift of Sexuality: Empowerment for Religious Teens* by Steve Clapp. LifeQuest, 2005. Contains factual information and clear guidance to help empower teenagers for the decisions they face about the care of their bodies, sexuality, marriage, and parenting. This book can be used in a variety of ways: for private reading by teens, for discussion between teens and parents, and for class, youth group, or retreat use.

*Available from: www.churchstuff.com/sexuality

Keeping It Real! by the Black Church Initiative of the Religious Coalition for Reproductive Choice. 1998. A groundbreaking Christian sexuality education curriculum for African American teens. Prepares youth to make healthy, responsible decisions as spiritual and sexual beings. Also available: La Iniciativa Latina. Contact: bcinfo@rcrc.org or 202-628-7700.

Our Whole Lives: Sexuality Education for Grades 10-12 by Eva S. Goldfarb & Elizabeth M. Casparian. Unitarian Universalist Association. 2000.** A positive, comprehensive, and age-appropriate educational program that promotes sexual health and is informed by the SIECUS guidelines. A religious supplement, Sexuality and Our Faith, is available for Unitarian Universalist and United Church of Christ congregations. Also available: Sexuality Education for Grades K-1 and Sexuality Education for Grades 4-6.

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Sexual Health Education Web Resources

Advocates for Youth

www.advocatesforyouth.org

Champions efforts to help young people make informed and responsible decisions about their health. Advocates for a more positive and realistic approach to adolescent sexual health.

- Click on *Programs that Work* to learn about successful programs.

Families Are Talking

www.familiesaretalking.org

A project of the Sexuality Information and Education Council of the United States (SIECUS), this site empowers parents and caregivers to communicate with their children about sexuality-related issues, provides tools to help families communicate about these issues, and encourages parents, caregivers, and young people to advocate for sexuality-related issues including comprehensive sexuality education programs in the schools.

- Click on *For Parents and Other Adults* to locate SIECUS publications on how to communicate to young people about sex.

Get Real, Indiana!

www.getrealindiana.org

Get Real, Indiana! is a coalition of organizations calling for medically accurate, age-appropriate, affirming sexuality curricula for Indiana students.

- Click on *Current Laws* to better understand sexual education requirements in Indiana and also *Research Study Results* to learn about trends in parental communicate and what is being taught in Indiana schools.

Health Access and Privacy Alliance

www.hapaindiana.org

Learn more about HAPA and its work, including Prevention First legislation.

The National Campaign to Prevent Teen and Unplanned Pregnancy

www.thenationalcampaign.org

Seeks to improve the lives and future prospects of children and families and, in particular, to help ensure that children are born into stable, two-parent families who are committed to and ready for the demanding task of raising the next generation.

- Click on *Fact Sheets* to read "Why the Education Community Cares About Preventing Teen Pregnancy" and click on *Additional Resources* to read "10 Tips for Parents to Help Their Children Avoid Teen Pregnancy."

Planned Parenthood of Indiana

www.ppin.org

PPIN believes that sexuality education should be comprehensive and age-appropriate and include healthy, sex-positive messages so that individuals have a foundation of information to make healthy sexual choices.

- Click on *Education* to learn more about education and training programs and other parent, teen, and educator resources.

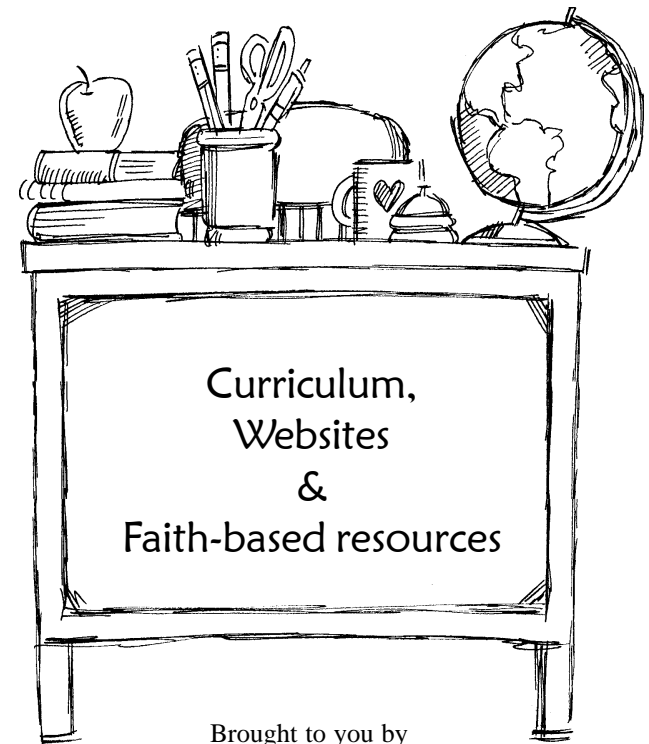
Teen Wire and Real Teens Real Life

www.teenwire.org and www.rtrl.org

Websites that provide honest answers to teens' questions about sexual health topics including pregnancy, parenting, pregnancy prevention, infections and diseases, and relationships.

Teenwire is sponsored by Planned Parenthood Federation of America and *Real Teens Real Life* is sponsored by Planned Parenthood of Indiana. RTRL also provides information about Indiana's Peer Education program.

Sexual Health Education for Youth Resources for Educators



Brought to you by
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