



# Teen Talk

## High School

For grades 9-12

Kris Popplewell Ahmed, MPH, CHES  
Shanti Jensen  
Perryn K. Reis  
Anacely Vazquez-Carrillo

### **Development Team**

This curriculum would not have been possible without the vital partnership of these individuals who provided expert feedback throughout the curriculum development process.

Kris Popplewell Ahmed, MPH, CHES

Shanti Jensen

Perryn Reis

Anacely Vazquez-Carrillo

### **Medical Review Team**

A review of Teen Talk High School to ensure medical accuracy was completed by:

Sharon Pao, MD

Anne Hsii, MD

### **Contributing Authors**

The following individuals have contributed to the continued development of Teen Talk High School:

Justin Balido

Leah Chalofsky

Christine Clark, MPH

Kathryn Davis

Hannah Day, MPH, CHES

DaShanna Jones

Kehau Gunderson

Abigail Karlin-Resnick

Ronti Lev

Bianca Maldonado

Shelly Masur

Creagh M. Miller, MPH, CHES

Katie Murphy

Wendy Oji-Kaplan, MPH

Jacqueline Samayoa, RN

Natalie Scrima

Sandra Sotiriadis, MA

Jason Vaudrey, MPH

© 2016 Health Connected  
480 James Avenue  
Redwood City, CA 94062

# Table of Contents

Preface .....	v
Session 1: Introduction, Values Clarification and Parent Communication .....	5
Session 2: Your Body and How It Works: Sexual and Reproductive Anatomy .....	41
Session 3: Sexual Identity.....	75
Session 4: All About Birth Control.....	91
Session 5: Pregnancy Options.....	135
Session 6: The Facts about STIs, including HIV/AIDS.....	149
Session 7: We Have a Great Relationship – I Think?.....	185
Session 8: Sexual Violence and Consent.....	233
Session 9: Talking about Abstinence, Sex, and Decision Making.....	249
Session 10: Sex in the Media .....	277
Session 11: Say Again? Review Activities.....	287
Additional Activities .....	303
Appendices.....	341
Teen Talk HS Logic Model.....	342
California Health Content Standards Alignment .....	343
National Sexuality Education Standards Alignment.....	349
Parent Notification Letter Templates .....	355
Sample Lesson Plan .....	357
References .....	360
Ordering and Training Information.....	362
About Health Connected.....	363

## Acknowledgements

Teen Talk High School (Teen Talk HS) would not have been possible without significant support from the following individuals for their help with editing, content development, translation, graphic design, and activity prototyping: Serwer Ahmed, Gina Allendorf, Maria Jose Amundarain, Jessica Bowen Bazyl, Tamar Besson, Nancy Brown, Valerie Brown, Elena Cornejo, Brandy Harris, Diana Holguin-Meza, Cheri Livingston, Margaret Marshall, Glenda Ortez-Galan, Gloria Rivera, and Miguel Torres. We are also grateful for support and resources from the following organizations and institutions: Answer (Rutgers University), Ravenswood City School District, Redwood City School District, San Mateo County Health Department, San Mateo County Office of Education, Sequoia Teen Wellness Center, Sequoia Union High School District, and Sex, Etc.

We would be remiss if we did not acknowledge the more than 65,000 students who have participated in Health Connected's programs over the last 20 years.

## About the Curriculum

Health Connected strives to ensure all young people feel confident and supported to make informed decisions about their own sexual health. This requires honest, unbiased, medically accurate information. It also requires a safe place for teens to articulate their values and ample opportunities to engage with the adults in their lives about sexual health.

### Importance of Comprehensive Sexuality Education

Without honest, unbiased, medically accurate information, young people are left vulnerable to sexually transmitted infections (STIs), including HIV; unintended pregnancy; sexual coercion; abuse; and exploitation. Young people are constantly bombarded with confusing and conflicting messages about sexuality, while adults are often unable or unwilling to discuss these important topics with them.

As with all of Health Connected's courses, this curriculum is medically-accurate, free of racial and ethnic biases, is designed to be in compliance with California Education Code requirements and aligned with applicable California Health Education Content Standards. Teen Talk HS course is designed to equip high school students with the knowledge and skills necessary to make informed sexual health decisions as they progress through adolescence to explore their independence and personal growth.

Teen Talk HS lessons are consistent with youth culture today. The curriculum was designed for youth in diverse racial and ethnic groups. Teen Talk HS is appropriate for youth considered at "high risk" for STIs/pregnancy, as well as youth who live in counties with lower rates of STIs and teen pregnancy.

## Goals and Objectives

Teen Talk High School allows students to integrate scientifically accurate information with their own personal, family, and community values about sexuality and healthy relationships.

The immediate goals of the Teen Talk HS course are to help participants:

- Increase knowledge and decision-making capacity about all methods of STI and pregnancy prevention
- Increase knowledge about accessing clinical services
- Increase knowledge and communications skills about sexual safety and consent
- Increase skills to communicate with peers, partners, and trusted adults about sexual issues and behavior

Over the long-term, Teen Talk HS is intended to help participants:

- Build skills that will help them navigate complex personal decision-making as they mature, and
- Build a foundation for safe, healthy, and satisfying relationships in the future.

## Theoretical Framework

Teen Talk HS is mainly based on the Health Belief Model and Social Learning Theory<sup>1</sup>. Students are encouraged to examine what they believe are the benefits of and barriers to a given behavior as well as ways to overcome those barriers. They receive information that helps them expect positive outcomes for a given behavior, like using birth control or remaining abstinent. Additionally, participants look at ways to make responsible choices and work on increasing their feelings of self-efficacy, while recognizing that decisions that leave them vulnerable can have serious consequences.

Teen Talk HS is also based on the large body of research by Douglas Kirby, who identified 17 key characteristics that are consistent among curriculum-based programs that are effective at preventing teen pregnancy and sexually transmitted infections (STIs)<sup>2</sup>. Health Connected used Kirby's 17 Characteristics as a guide to develop Teen Talk HS.

## Target Population & Need

Teen Talk HS has been developed over 20 years of working directly with high school students in San Mateo County, a large socioeconomically and racially diverse county in the San Francisco Bay Area. In addition to ensuring that young people have access to medically accurate information that allows them to make life-long decisions about sexuality, Teen Talk HS seeks to address several important ongoing sexual health challenges:

- By age 15, only 13% of teens have ever had sex. However, by the time they reach age 19, seven in 10 teens have engaged in sexual intercourse.<sup>3</sup>
- A sexually active teen who does not use contraceptives has a 90% chance of becoming pregnant within a year.<sup>4</sup>
- Although 15–24-year-olds represent only one-quarter of the sexually active population, they account for nearly half (9.1 million) of the 18.9 million new cases of STIs each year.<sup>5</sup>
- Ten percent of all U.S. births are to teens.<sup>6</sup>
- Teen mothers are considerably less likely than women who delay childbearing to complete high school or obtain a GED by age 22 (66% vs. 94%). Fewer than 2% of these moms receive a college degree by age 30.<sup>7</sup>

<sup>1</sup> Rosenstock, I.M., Strecher, V.J. & Becker, M.H. (1988). Social learning theory and the health belief model. *Health Education Quarterly*, 15(2), 175-183.

<sup>2</sup> Kirby, D. (2007). *Emerging Answers 2007: Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Diseases*. Washington, DC: National Campaign to Prevent Teen and Unplanned Pregnancy.

<sup>3</sup> Guttmacher Institute, *Facts on American Teens' Sexual and Reproductive Health*, January, 2011.

<sup>4</sup> Ibid.

<sup>5</sup> Ibid.

<sup>6</sup> Ibid.

<sup>7</sup> Ibid.

## Information for Instructors

### Curriculum Overview

Teen Talk HS uses participatory teaching methods that actively involve the students and allow for discussion and reflection. Teen Talk HS was designed for students 14-18 years old to:

- Increase knowledge and decision-making capacity about pregnancy prevention, STI protection, and birth control
- Reduce misinformation and myths about sexual health topics
- Increase comfort communicating with parents or other trusted adults
- Teach tolerance and respect
- Increase refusal and negotiation skills
- Clarify personal values
- Increase self-efficacy to engage in protective sexual health behaviors
- Increase knowledge about accessing clinical services

### Appropriate Group Size, Frequency, Age Groups, and Demographics

Teen Talk High School is designed to be implemented in a school or community-based organization classroom setting and can be provided to diverse demographic groups. It is typically delivered to 9<sup>th</sup> or 10<sup>th</sup> grade students to prepare them for sexual health decision-making early in their high school careers, but is appropriate for students up to 12<sup>th</sup> grade. It was not designed for small group settings or one-on-one teaching, although many of the activities can be modified to reach smaller groups if necessary.

### Implementation

Teen Talk HS consists of 11 sessions, and 50 activities. Although Teen Talk HS is broken down into separate topics, most of the lessons are interdisciplinary and span several topic areas. For instance, abstinence is addressed in most of the lessons even if a specific lesson is focused on a different topic.

The curriculum gives instructors flexibility in addressing the different topic areas by allowing them to choose between several activities for each lesson, as well as sometimes offering alternate approaches to the activity (e.g. lecture vs. group activity). For example, in Session 4, All about Birth Control, instructors can choose between the activities “Birth Control Stations” or “Lights! Camera! Action! Birth Control Presentations.” Instructors can base their decisions on the classroom personality (e.g. quiet vs. more vocal), classroom structure (e.g. small vs. large groups), instructor comfort level or expertise, student maturity, and other factors.

### Duration

Depending upon how instructors choose lessons, **the course should be delivered over a minimum of 10 hours.** It is strongly recommended that the program spans at least 10 days (approximately an hour a day), rather than several hours a day for a shorter period of time. Of course, the instructor’s speed in covering these lessons, as well as the students’ speed in completing them, will vary greatly. The times given should be used as a guide.

The lessons are laid out in a logical sequence and should be conducted in the order provided. Additional activities can be found in each session. Homework is recommended (for credit) to reinforce the messages given in class.

### Mixed Gender Groups

It is strongly recommended that Teen Talk HS be taught in **mixed gender groups.** The advantage of teaching in a mixed gender environment is that it models and helps students practice effective communication among different genders. Most young people will need to be able to discuss these sensitive topics with peers and parents/guardians of another gender. Mixed gender classes foster mutual respect and understanding among all genders. Single gender

roups can sometimes create a feeling of secretiveness and mystery between the genders and one gender may be left feeling confused and curious about what another gender is learning.

In addition, delivering the content in separate gender environments can create significant challenges for students who either do not identify with a specific gender or who are transitioning from one gender to another. California Education Code requires that school-based sexual health education programs be accessible to students of all orientations and gender identities. Providing the course in a mixed gender environment helps students of all gender identities feel included in the experience.

### Teaching Students with Disabilities

According to California Education Code, instruction and materials must be appropriate for students with disabilities and be accessible to them. This includes, but is not limited to, “the provision of a modified curriculum, materials and instruction in alternative formats and auxiliary aids.” “Disability” refers to the inability to perform an activity because of some mental or physical disorder. Individuals with disabilities have the same needs, desires, and sexual feelings as people without disabilities. It is important that instructors acknowledge that individuals with disabilities are sexual people with sexual needs. Please modify Teen Talk HS where necessary to meet the needs of all of your students. As of 2016, Health Connected is developing a new Teen Talk Special Education curriculum that provides several adaptations of sexual health activities for students with disabilities.

### Available in Spanish

All of the Teen Talk HS activities that contain either a handout, written visual component, or a statement that needs to be read out loud to students have been translated into Spanish. **The entire curriculum can be taught in Spanish** as long as the instructor can read the instructor guidelines in English. According to California Education Code, instruction must be made available on an equal basis to English learners. Please be sure all of your students are being reached.

### Teaching Tolerance and Respect

Teen Talk HS is based on the belief that every person is valuable in society. The curriculum, as well as the instructor, must teach that making fun of, discriminating against, and bullying others is harmful. Teen Talk HS emphasizes empathy for those who are often discriminated against, such as persons living with HIV, transgendered individuals, or those who identify as gay, lesbian, or bisexual. Teen Talk HS follows the guidelines of the American Psychological Association, which state that people do not choose their sexual orientation or gender identity.

Throughout the curriculum, we use the pronoun “they” instead of “he/she.” Until recently, this was not grammatically correct, however it is now recognized as a generally accepted pronoun to ensure students of all gender identities feel included and respected.

### Parent Notification

Per the California Healthy Youth Act (adopted on October 1, 2015), as of January 1, 2016, California requires comprehensive sexuality education be taught at least once in middle school and once in high school.

In California, parents/guardians must be notified if their child is going to receive sexuality education at the beginning of the school year or at least 14 days before instruction begins, allowing parents time to review all curricula/teaching materials and decide if their child will participate. If a parent does not want their child to participate, it is the responsibility of the parent to notify the school and the child should be given an alternative assignment. The law states that districts/schools may not send out a permission slip or “opt-in” letter. A sample parent/guardian notification letter that you may adapt is located in the Appendix.

## Minors' Sexual and Reproductive Rights in California

At the printing of this edition of Teen Talk HS, minors of **ANY AGE** in California may consent for medical care related to the prevention or treatment of pregnancy (California Family Code Section 6925). That includes consenting to birth control and abortion services. However, minors must be 12 years of age or older to consent to their own STI testing and treatment (California Family Code Section 6925). Additionally, public schools in California may **not** require parent permission to excuse a minor during school hours for confidential services, which include appointments for sexual and reproductive services. (66 Ops. California Atty. Gen. 244 (1983); 87 Ops. California Atty. Gen 168 (2004).)

Teen Talk HS includes information on youth sexual and reproductive health resources and clinics for the different geographic regions of the San Francisco Bay Area in California (Peninsula, San Francisco, East Bay, and South Bay). It is an essential part of any good comprehensive sexuality education program to provide students with information on where to obtain sexual and reproductive health care, such as birth control, pregnancy testing, STI testing and treatment, etc. If you live outside of the Bay Area, please create your own list of local sexual and reproductive health services (including name, location, phone number, and website if available), while paying close attention to teen-friendly clinics or clinics that are tailored to the specific needs of adolescents.

In California, teens qualify for Family Planning, Access, Care and Treatment, or Family PACT. Family PACT is state-sponsored insurance that provides no-cost family planning services. Be sure to tell your students not only where to obtain these services, but also that these services are often free, confidential, and do **not** require parental consent.



## Instructor Resources

### **ACLU of Northern California**

[www.aclunc.org](http://www.aclunc.org)

Resources for parents and community members about sex education in California.

### **Advocates for Youth**

[www.advocatesforyouth.org/teens](http://www.advocatesforyouth.org/teens)

Creates programs and promotes policies that help young people make informed and responsible decisions about their sexual and reproductive health.

### **Answers, Rutgers University**

[www.answers.rutgers.edu](http://www.answers.rutgers.edu)

Answer is a national organization dedicated to providing and promoting comprehensive sexuality education to young people and the adults who teach them.

### **California Latinas for Reproductive Justice**

[www.californialatinas.org](http://www.californialatinas.org)

A statewide policy and advocacy organization whose mission is to advance California Latinas' reproductive health and rights within a social justice and human rights framework.

### **Center for Disease Control and Prevention**

[www.cdc.gov/std/](http://www.cdc.gov/std/)

The Division of STD Prevention at the CDC provides national leadership, research, policy development, and scientific information to help people live safer, healthier lives through the prevention of STDs and their complications.

### **Center for Relationship Abuse Awareness**

[www.stoprelationshipabuse.org](http://www.stoprelationshipabuse.org)

Provides education and specialized trainings on prevention and awareness around domestic violence.

### **Gay, Lesbian, and Straight Education Network (GLSEN)**

[www.glsen.org](http://www.glsen.org)

GLSEN works with instructors, policy makers, community leaders, and students to address anti-LGBT behavior and bias in schools.

### **It's Your (Sex) Life**

[www.itsyoursexlife.com](http://www.itsyoursexlife.com)

Provides reliable, objective sexual health information to young adults. The site is developed by MTV with founding partners in the Case Foundation, Bill and Melinda Gates Foundation, and others.

### **National Campaign to Prevent Teen Pregnancy**

[www.teenpregnancy.org](http://www.teenpregnancy.org)

Aims to improve the well-being of children, youth, and families by reducing teen pregnancy.

---

**National Human Trafficking Resource Center (NHTRC)**

[www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org)

A national, anti-trafficking hotline and resource center serving survivors and survivors of human trafficking and the anti-trafficking community in the United States.

**Planned Parenthood Federation of America**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

Provides reproductive health information, services, sexuality education resources, information on birth control and more.

**Sex, Etc.**

[www.sexetc.org](http://www.sexetc.org)

Provides information by and for teens, on a variety of sexual health issues.

**Sexuality Information and Education Council of the United States (SIECUS)**

[www.siecus.org](http://www.siecus.org)

SIECUS is a leading national nonprofit organization which affirms that sexuality is a natural and healthy part of living. SIECUS develops, collects, and disseminates information, promotes comprehensive information about sexuality, and advocates the right of individuals to make responsible sexual choices.

**Sexually Transmitted Disease Control Branch**

[www.std.ca.gov/](http://www.std.ca.gov/)

The Sexually Transmitted Diseases Control Branch is part of the California Department of Public Health and provides statewide STD consultation, surveillance, educational, screening, and mobile clinic programs aimed at the prevention, treatment, and interruption of sexually transmitted diseases.

**Teen Health Rights**

[www.teenhealthrights.org](http://www.teenhealthrights.org)

Provides resources and information to health care providers about California laws pertaining to minor consent, confidentiality, child abuse reporting, and other adolescent health concerns.

**We're Talking Teen Health**

[www.pamf.org/teen](http://www.pamf.org/teen)

Medically-accurate health information written by teens, provided by the Palo Alto Medical Foundation.

---

## Sessions & Activities

