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# Welcome to Teen Talk!

## **Session 1:**

### Introduction, Values clarification, Parent Communication and Resources

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#### **Goals**

- Create a safe space for students to discuss sexual health topics and the legal requirements of adults to ensure their safety
- Provide opportunities for students to ask sexual health questions throughout program without embarrassment
- Determine baseline knowledge of sexual health topics
- Afford practice in identifying and articulating their personal beliefs and values within a peer environment
- Inform students of their reproductive and sexual health rights and resources
- Establish the importance of maintaining an open dialogue with parents and trusted adults when communicating about sexuality and relationships

#### **Objectives**

At the end of this session, students will be able to:

- Set group agreements that create a safe and inclusive environment for all youth
- Understand California mandated reporting requirements
- State 2 values they hold about sexual health, relationships, or gender/sexuality
- Provide the names of 2 local health care providers where they can access confidential medical services
- Utilize the Anonymous Question Box

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

# Teen Talk Agreements

- 1) **Respect**
  - one mic
  - no judging
  - use inclusive language
- 2) **Confidentiality**
- 3) **Reporting**
  - 13 or younger with anyone older
  - 14 or 15 with anyone 21 or older
- 4) **Communication**
  - parent(s), trusted adults
  - peers, partner(s)
- 5) **Ask Questions!**

# Pre-Test

# Teen Talk Middle School Pre-Test

School \_\_\_\_\_ Date \_\_\_\_\_ Grade \_\_\_\_\_

Gender \_\_\_\_\_ Ethnicity \_\_\_\_\_ City where you live \_\_\_\_\_

Did you have Health Connected's **Puberty Talk** course in 5<sup>th</sup> or 6<sup>th</sup> grade?     Yes     No     Not sure

1. **It is possible to get pregnant or get someone pregnant:**

- A. The first time having vaginal sex
- B. When a person is on their period
- C. If semen gets near the vaginal opening
- D. All of the above
- E. Not sure

2. **To use a condom correctly, a person should:**

- A. Pinch the tip
- B. Only use one at a time
- C. Keep it safe in a wallet
- D. Only A & B
- E. Not sure

3. **People urinate from which opening?**

- A. Anus
- B. Cervix
- C. Urethra
- D. Testicle
- E. Not sure

4. **Which of the following lowers your risk of pregnancy AND STIs, including HIV?**

- A. Birth control pill
- B. Condom
- C. Not having sex
- D. Only B & C
- E. Not sure

5. **Name two local CLINICS where a teen can go for FREE and CONFIDENTIAL birth control, STI testing/treatment, pregnancy testing and counseling.**

1.

\_\_\_\_\_

2.

\_\_\_\_\_

6. **Teens need permission from their parent or guardian to get sexual health services from a clinic.**

- True
- False
- Not sure

7. **Some birth control methods are effective for 3 or more years.**

- True
- False
- Not sure

8. **Emergency contraception is a pill taken after sex to help prevent pregnancy.**

- True
- False
- Not sure

9. **HIV can be passed to another person through saliva.**

- True
- False
- Not sure

10. **You can always tell if a person has an STI by looking at them.**

- True
- False
- Not sure

11. **A person must be at least 18 years old to buy condoms.**

- True
- False
- Not sure

12. **Sending sexual pictures to someone without their consent is an example of sexual assault.**

- True
- False
- Not sure

*There are no correct answers  
to the following questions.  
Answer how you feel.*

**13. I can talk about sexual health with my parent(s) or a trusted adult.**

- Yes
- No
- Not sure

**14. I can talk about sexual health with a current or future partner.**

- Yes
- No
- Not sure

**15. I would speak up if I'm not comfortable being touched in a sexual way by a peer or partner.**

- Definitely would
- Probably would
- Probably would not
- Definitely would not

**16. I would tell a friend to stop if they were making fun of someone for being gay or transgender.**

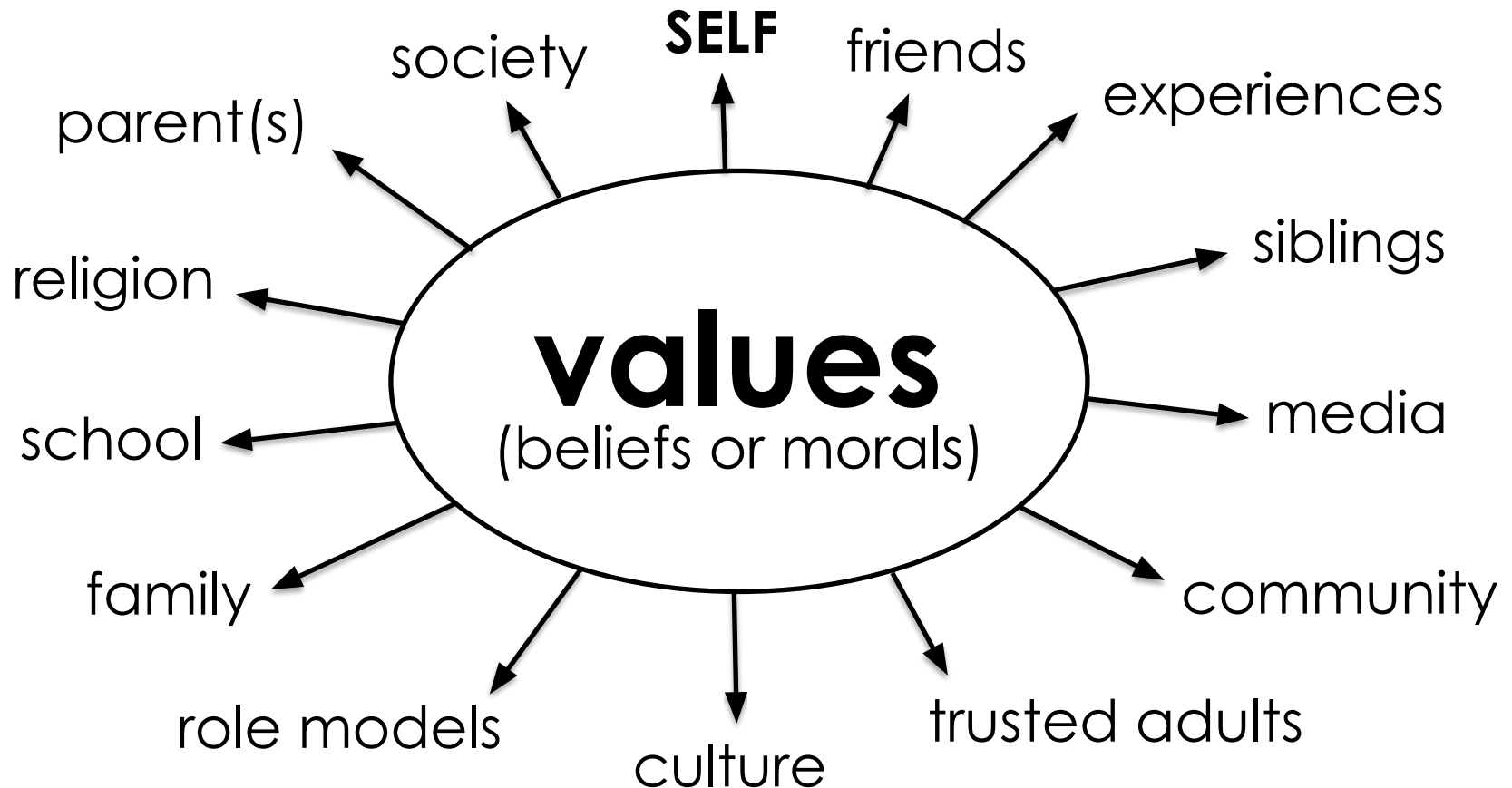
- Definitely would
- Probably would
- Probably would not
- Definitely would not

# What are values?

**values**  
(beliefs or morals)



# Where do we get our values?



# Pick-a-Side

Agree

Disagree



Insert  
statement  
here



# Pick-a-Side

Agree

Disagree



Insert  
statement  
here



# Pick-a-Side

Agree

Disagree



Insert  
statement  
here



# Pick-a-Side

Agree

Disagree



Insert  
statement  
here



# Pick-a-Side

Agree

Disagree



Insert  
statement  
here



## Values Clarification: AGREE or DISAGREE Statements

Select 5-10 statements from the list below based on the following criteria:

- Grade of class
- Maturity of class
- School/community norms
- Existing knowledge base of class

Everyone should learn how to cook, clean, and do laundry, regardless of their gender.

It's OK for a guy to cry over a breakup.

Girls should always try to look their best.

People at my school are free to be themselves.

There are good role models for teens in the media.

Parents should talk to their kids about sexual health.

It is normal to masturbate.

Texting a partner all the time shows that you love them.

In a relationship, one partner should take the lead.

Sex should be something special.

I would like to marry someone who is a virgin.

It's obvious when someone wants to have sex.

Kissing and touching will eventually lead to sex.

Middle School students are mature enough to have sex.

It's OK to have sex with a lot of people.

A person should be able to express their gender however they want to.

People should always get tested for STIs before having sex.

It's easy for teens to get sexual health services (e.g., condoms, STI testing, birth control).

Clinics should notify parents before giving a teen birth control.

Preventing pregnancy is a female's responsibility.

Having a baby with someone is a good way to make them stay in the relationship.

People my age can be good parents.

# Back in the Day (homework)

- Choose an adult member of your family or another adult you trust (**age 18 or older**)
- **Interview them** – ask the questions on the interview guide and listen to their answers, then write a short reflection below
- Complete **Talk #1, Talk #2, and Talk #3** on three different nights, then turn in the slip (signed by your adult) for homework credit



# BACK IN THE DAY...

**Directions:** Please interview a parent/guardian or an adult you trust over age 18 for this activity.

Student's Name: \_\_\_\_\_ Trusted Adult's Name: \_\_\_\_\_

**Talk #1.**      **Due:** \_\_\_\_\_      **Adult signature:** \_\_\_\_\_

1. What did you do in your free time when you were my age?
2. What did you want to be when you grew up?
3. What did your parents/guardians teach you about puberty and body changes?
4. What is one thing you wish you knew about puberty when you were my age?

**Reflection:** What are two things you learned from your trusted adult? 

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**Talk #2.**      **Due:** \_\_\_\_\_      **Adult's signature:** \_\_\_\_\_

5. Did you have sex education or family life education in school? What was it like?
6. What is one thing you wish you knew about sexual health when you were my age?
7. How has the subject of gender changed since you were a child?
8. Did you know anyone who was bullied because of their sexual orientation or gender identity?
9. Is there anything you wish you had done differently in your friendships or romantic relationships when you were my age?

**Reflection:** In what ways are your trusted adult's past experiences similar or different to your own? 

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Continue on other side



**Talk #3.**      **Due:** \_\_\_\_\_      **Adult signature:** \_\_\_\_\_

- 10. How do you feel about the messages media (TV, music, movies, internet) send youth today?
- 11. Did you ever feel pressured to do something you didn't want to do? How did you handle it?
- 12. If someone pressures me to do something sexual, can you give me some suggestions of what to do or say?

**Reflection:** How has this conversation changed your thinking? 

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**Thank you for having this important conversation! Almost done...**



**Check out the CVUSD Community Resource List on the following pages to help continue this important conversation.**



**This section below is for your trusted adult to fill out after completing the interview.**

**I have talked through all of the questions on this homework sheet with my student.**

Adult's signature: \_\_\_\_\_

**Do you think this homework helped you and your student talk more openly about sexual health and relationships?**       **YES**       **NO**

# Local Teen Clinics

# COMMUNITY RESOURCE LIST

## Grief and Loss

**Cancer Support Community**  
805 379-4777  
[cancersupportvvsb.org](http://cancersupportvvsb.org)

**Hospice of the Conejo**  
805 495-2145  
[hospiceoftheconejo.org](http://hospiceoftheconejo.org)

CA Healthy Youth Act, Education Code 51934(a)(8) requires school districts to provide information about local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.

## Housing and Food

**Area Housing Authority**  
805 480-9991  
[ahacv.org](http://ahacv.org)

**Manna**  
805 497-4959  
[mannaconejo.org](http://mannaconejo.org)

**Rain (Transitional Living Center)**  
805 816-3057  
[raincommunities.org](http://raincommunities.org)

**Food Share**  
805 983-7100  
[foodshare.com](http://foodshare.com)

**Many Mansions**  
805 496-4948  
[manymansions.org](http://manymansions.org)

**The Samaritan Center of Simi Valley**  
805 579-9166  
[samaritancentersimivalley.org](http://samaritancentersimivalley.org)

## LGBTQ

**PFLAG**  
818 991-4797 x 27  
[pflag.org/chapter/pflag-oak-parkconejo-valley](http://pflag.org/chapter/pflag-oak-parkconejo-valley)

**Rainbow Umbrella**  
805 836-0099

**Trevor Project**  
24/7 Trevor Lifeline: 866 488-7386  
[thetrevorproject.com](http://thetrevorproject.com)

## Medical

**Clinicas del Camino Real**  
805 498-3640  
[clinicas.org](http://clinicas.org)

**Conejo Free Clinic & Free Dental**  
805 497-3575—Medical  
805 328-3100—Dental  
[conejofreeclinic.org](http://conejofreeclinic.org)

**Westminster Free Clinic**  
805 241-8366  
[westminsterclinic.org](http://westminsterclinic.org)

## Mental Health

**CLU Community Counseling**  
805 493-3390  
[clucounseling.org](http://clucounseling.org)

**National Alliance on Mental Illness (NAMI)**  
Helpline: 805 500-6264  
[namiventura.org](http://namiventura.org)

**VCBH—Early Detection and Intervention for the Prevention of Psychosis (EDIPP)**  
805 981-8865  
[vcbh.org/en/adult-services-early-intervention](http://vcbh.org/en/adult-services-early-intervention)

**Coalition for Family Harmony**  
800 300-2181—24/7 Hotline  
805 983-6014—Office  
[thecoalition.org/](http://thecoalition.org/)

**Ventura County Behavioral Health (VCBH)**  
866 998-2243  
[vcbh.org/en/programs-services/youth-family-services](http://vcbh.org/en/programs-services/youth-family-services)

**VCBH—Rapid Integration Support and Engagement (RISE)**  
805 981-4233  
[vcbh.org/en/get-help/rise-program](http://vcbh.org/en/get-help/rise-program)

**Interface Children and Family Services**  
805 485-6114 x 662 (Main Number)  
805 371-5707 (Thousand Oaks)  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

**Youth Crisis Line—Interface**  
805 469-5882  
[icfs.org/services/youth-crisis-homeless-services/](http://icfs.org/services/youth-crisis-homeless-services/)

## Parenting

**Parent Child Interactive Therapy (PCIT) (2-8 years old)**  
805 485-6114 x 662  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

**Triple P—Positive Parenting Program (0-5 years old)**  
805 485-6114 x 625  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

**United Parents**  
805 384-1555  
[unitedparents.org](http://unitedparents.org)

## Substance Abuse

### **BRITE**

Substance Use Prevention and Education  
805 647-4622  
[straightupvc.org/](http://straightupvc.org/)

### **Ventura County Limits**

[venturacountylimits.org/en/](http://venturacountylimits.org/en/)

### **Not One More**

805 242-6662  
[notonemore.net](http://notonemore.net)

### **Prescription Drug Disposal**

[venturacountyresponds.org/  
medication-safety/safe-medication-  
disposal](http://venturacountyresponds.org/medication-safety/safe-medication-disposal)

### **VCBH Substance use Treatment Services**

844 385-9200  
[vcbh.org/en/programs-services/  
substance-use-services](http://vcbh.org/en/programs-services/substance-use-services)

## Social Services

### **Community Conscience**

805 494-3543  
[communityconscience.org](http://communityconscience.org)

### **Conejo Closet**

The Conejo Closet seeks to assist CVUSD families in need by providing toiletries, personal care items, school supplies, and clothing, free of charge.  
[conejousd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet](http://conejousd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet)

### **Conejo Community Outreach**

Diaper Bank  
[conejocommunityoutreach.com/  
diaper-bank.html](http://conejocommunityoutreach.com/diaper-bank.html)

### **Harbor House**

855 427-2672  
[harborhouseto.org/](http://harborhouseto.org/)

### **Lutheran Social Services**

805 497-6207  
[lsssc.org/location/ventura-county](http://lsssc.org/location/ventura-county)

### **Human Services Agency**

805 449-7320  
[ventura.org/human-services-agency/](http://ventura.org/human-services-agency/)

### **Kids and Family Together**

805 643-1446  
[kidsandfamilies.org](http://kidsandfamilies.org)

## Additional Services

### **Adelante Comunidad Conejo**

[adelantecomunidadconejo.org](http://adelantecomunidadconejo.org)

### **Big Brothers Big Sisters**

805 484-2282  
[bbsvc.org](http://bbsvc.org)

### **Conejo Youth Employment**

805 496-6868  
[conejoyes.com](http://conejoyes.com)

### **Department of Rehabilitation**

805 371-6279  
[dor.ca.gov](http://dor.ca.gov)

### **PACER-National Bullying Prevention**

[pacer.org/bullying/](http://pacer.org/bullying/)

### **Thousand Oaks Library**

805 449-2660  
[tolibrary.org](http://tolibrary.org)

**Homework Help available.** Please visit website or call for more information.

### **Thousand Oaks Police Department**

Non-emergency Line  
805 654-9511  
[toaks.org/departments/police](http://toaks.org/departments/police)

### **Thousand Oaks Teen Center**

805 494-5156  
[thousandoaksteencenter.com](http://thousandoaksteencenter.com)

## Hotlines

Dial **211** or visit the [211 website](#) for additional Ventura County resources

**Ventura County Crisis Team** (24/7) 866 998-2243 [vcbh.org/en/get-help/mobile-crisis-response-team](http://vcbh.org/en/get-help/mobile-crisis-response-team)

**California Youth Crisis Line** (24/7) 800 843-5200 [calyouth.org](http://calyouth.org)

**National Suicide Prevention Hotline** (24/7) Dial **988** [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Crisis Text Line** (24/7) Text HOME to 741741 [crisistextline.org](http://crisistextline.org)

## 12 Step Resources

**Alanon**—[alanonventura.org](http://alanonventura.org)

**Alateen**—[alanonventura.org/alateen](http://alanonventura.org/alateen)

**Alcoholics Anonymous**—[aaventuracounty.org](http://aaventuracounty.org)

**Narcotics Anonymous**—[clana.org/index.html](http://clana.org/index.html)

**NarAnon**—[nar-anon.org](http://nar-anon.org)