



SAFE HAVYNN
EDUCATION CENTER

THE Kickback
Teen Health Education Kickback

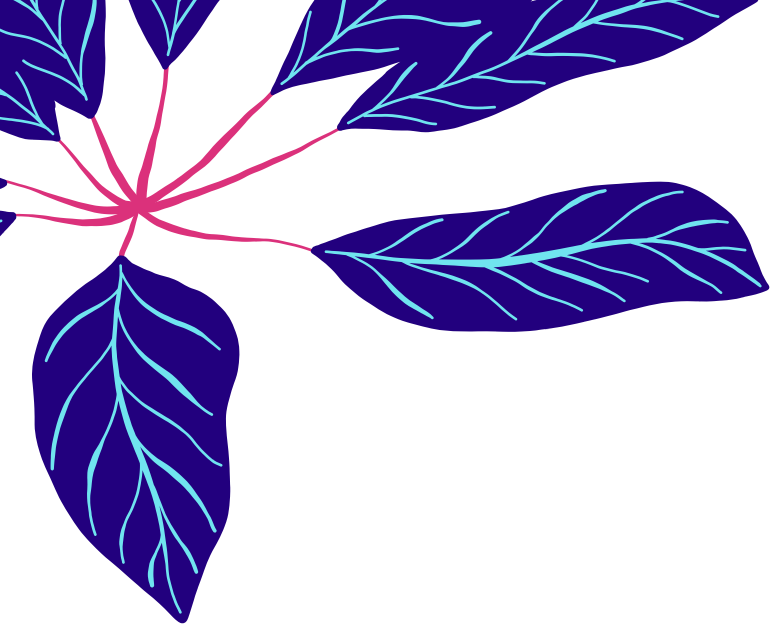


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About Us

Safe Havynn Education Center (SHEC) was established in 2015 to help meet everyone exactly where they are in life.

We aim to help teenagers and young adults find the right tools, knowledge, skills, abilities, and attitudes they need to move forward in life and become the best version of themselves.

We empower, educate, and embrace young people and their parents through camp-like experiences called **THE Kickback** (Teen Health Educational Kickback). We partner with different organizations throughout Louisiana and meet our partners where they are.

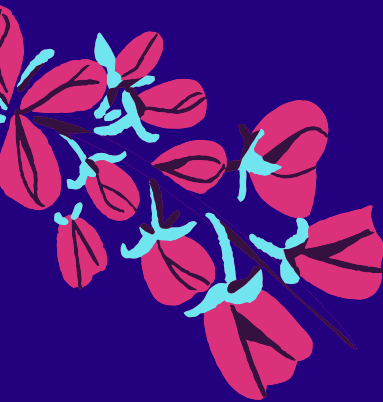
We have reached nearly 300 parents, 300 middle and high school students, and 600 18+ year olds. We've hosted parent groups, life skills boot camps, abstinence-plus sexuality programs, and adult sexuality programs.






MISSION

Our mission is to meet people where they are and provide the knowledge and tools needed for them to move forward in a positive direction. No matter who you are, we are here to provide you with a non-judgmental environment where you can get the information you seek and the skillset you need to move forward.



VISION

Our vision is for every person to have the support, guidance, and information they need to thrive in the world. We want each individual who goes through our program to feel like they have a safe space to ask questions, seek advice, and feel empowered.



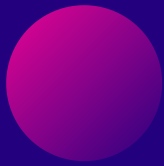
CORE VALUES

What we believe in



LIFE-LONG LEARNING

We encourage our students and educators to never stop learning and sharing their knowledge



SAFE HAVYNN

We meet people where they are, as they are and hold a safe space for them to be themselves.



KINDNESS

We uplift students by having a positive attitude and an inherent want to support them



RESPONSIBILITY

We strive to make and encourage healthier decisions: spiritually, mentally, emotionally, physically, financially, and sexually.

By the Numbers

Highest Rates of Sexually Transmitted Infections by State (CDC, 2018)

Chlamydia

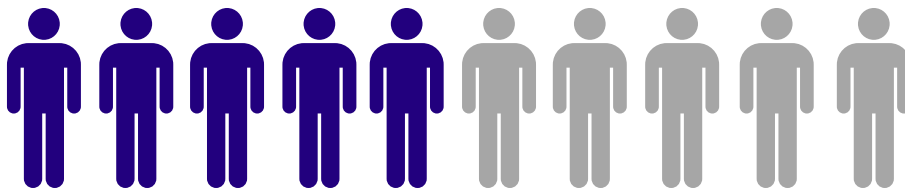
1. Alaska
2. **Louisiana**
3. Mississippi
4. South Carolina
5. New Mexico
6. North Carolina
7. Georgia
8. Delaware
9. Illinois
10. New York

Gonorrhea

1. Mississippi
2. Alaska
3. South Carolina
4. Alabama
5. **Louisiana**
6. New Mexico
7. Missouri
8. Arkansas
9. North Carolina
10. Oklahoma

Syphilis

1. Nevada
2. California
3. Mississippi
4. Georgia
5. Arizona
6. New Mexico
7. **Louisiana**
8. Florida
9. Oklahoma
10. New York

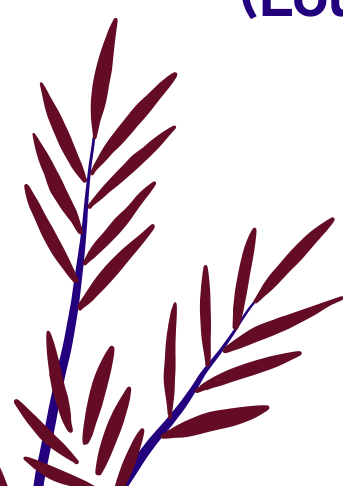


50% of the 20 million STI diagnoses each year are attributed to 15-24 year olds.

STIs in Louisiana

(Louisiana Department of Health, 2017)

- **36,293** cases of Chlamydia
- **12,043** cases of Gonorrhea
- **669** cases of Syphilis
- **46** cases of Syphilis among newborns





Highest Rates of Birth Among Teens by State (CDC WONDER, Natality Public Use Files, 2019)

1. Arkansas
2. Mississippi
3. **Louisiana**
4. Oklahoma
5. Alabama
6. West Virginia
7. Kentucky
8. New Mexico
9. Texas
10. Tennessee



75% of all teen pregnancies in Louisiana
are among 18-19 year old girls.



THE Kickback

TEEN HEALTH EDUCATION KICKBACK

At SHEC, we provide fun, camp-like experiences called THE Kickback! We partner with different organizations through Louisiana and meet our partners where they are.

We teach relationship skills, communication skills, emotional awareness skills, healthy reactions and overall ways to maneuver tough decisions they may face as they grow into adulthood.

We provide the safe haven they need to be able to ask real questions, to gain real support and find real vision on how to move forward positively.

We aim to provide a safe, comfortable environment for EVERYONE, regardless of race, gender, sex, sexual orientation, religion, wealth, or culture.





Our Kickbacks

We offer fun, age-appropriate educational programs to teens as well as young adults.



THE Kickback for Teens

Our teen kickbacks cater to 9th - 12th grade students.

This program focuses on self awareness, friendship, body changes during puberty, consent, and reproductive anatomy as well as pregnancy, STI and sexual violence prevention

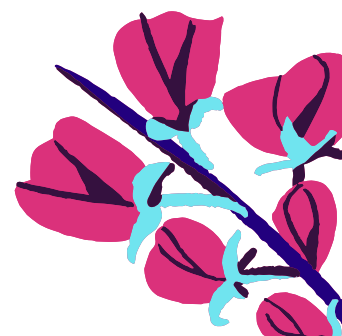
Parental consent is required for any minor who would like to attend.



THE Kickback for Young Adults

Our young adult kickbacks cater to 18 and 19 year olds.

This program expands on our high school curriculum, focusing more on navigating dating and sexual health

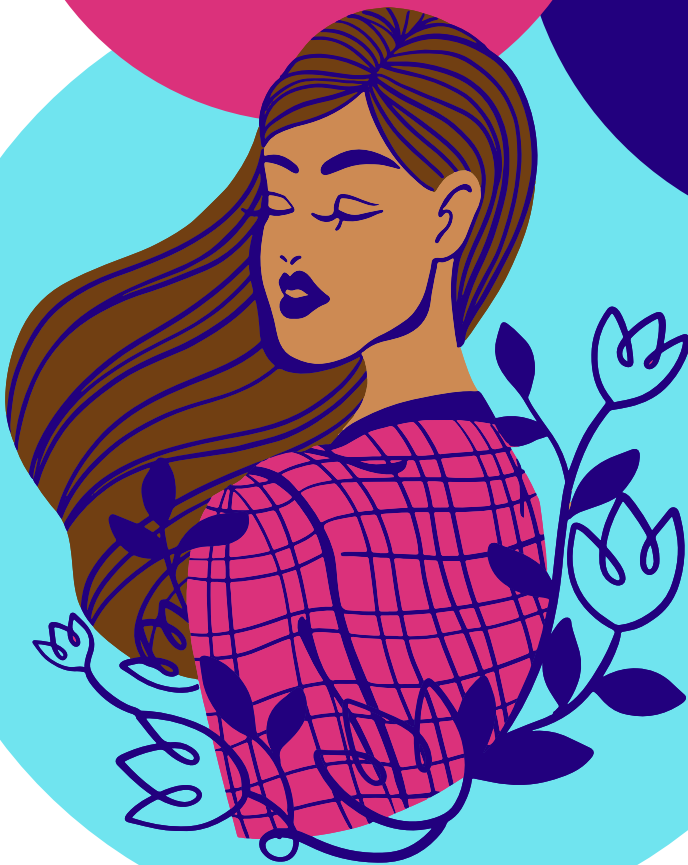



You'll learn things like...

Planning for your
future

The traits of a healthy
relationship

How to identify your
goals, strengths, and
personality traits





How to set healthy boundaries and communicate effectively.

The basics of dating

How to make informed, responsible decisions about your physical, mental, and sexual health and wellness

And so much more!



FREQUENTLY ASKED QUESTIONS

Who can attend THE Kickback?

We host THE Kickback for high school (9th-12th grade) students and young adults (18-19 year olds).

When is THE Kickback held?

THE Kickback is held on the weekend and weekdays (if applicable) for 2 consecutive days, typically from 9 AM to 4 PM on both days. However, SHEC is extremely flexible.

Can I attend virtually?

THE Kickback is only offered virtually if we absolutely cannot meet in person due to circumstances such as COVID-19 mandates.

Are girls and boys separate during camp?

We host both co-ed and gender separated camps. If we are partnering with your organization, this decision is up to you.

How much does it cost to attend?

THE Kickback is funded by Family and Youth Services Bureau. There is no-charge for students or chaperones. We compensate our partners' staff for being present at THE Kickback events.

What safety precautions are in place to keep students safe from COVID-19?

We will follow all local, state, and national COVID-19 protocols to ensure student safety. Additional measures will be taken if requested by the organization.

Where do I sign up?

If you were invited by an organization, school, or sports team, they will have registration forms for you. If you are under 18 years old, parental consent is required.





**Want to attend THE Kickback or partner with
us? Text "THE Kickback" to 337.552.7530
or email us at info@safehavynn.org**





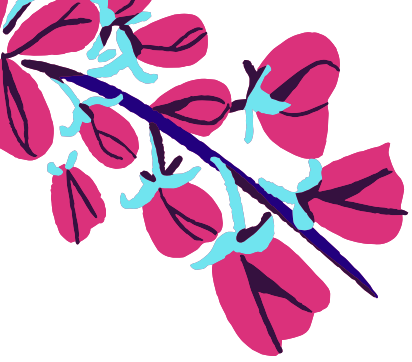
At Safe Havynn Education Center, we pride ourselves on teaching teens the skills they may not learn at school, at home, or in society.

We fully believe that when you know better, you do better.

In other words, when you are taught to communicate better, have better relationships, take care of yourself, and plan your future, you make better choices and put yourself on the path to a safer, happier, healthier life.



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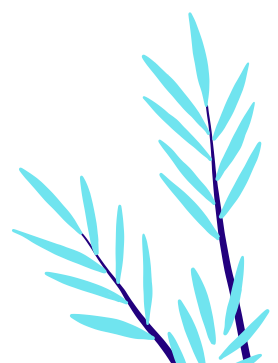
Activity

Our backgrounds and experiences make us who we are. They shape how we feel about things like relationships, sexuality, alcohol, and drugs. When parents talk openly and honestly about these topics, it helps young people develop their own attitudes and values.

As children grow into teens, it's normal for them to challenge their parents' values. This may be difficult, but it's important to listen carefully to what they have to say, even if you don't agree!

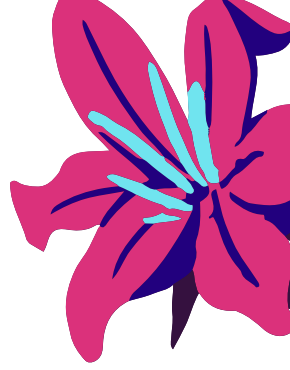
The questions on the next page were written to help you, as a parent, understand your values. Answer each question. Think about how your experiences, parents, friends, society, and the media shaped these views.

If you have a partner, spouse, or work with another adult to raise your child (like a grandparent or guardian), answer these questions separately and then compare your answers. Take note of the similarities and differences. Talk together about your beliefs and ideas before you talk with your child. Then, talk with your child about what you feel are appropriate behaviors within your culture.





PARENTS & GUARDIANS



Dating and Relationships

- At what age is it okay for your child to go on a date?
- Would there be rules? For example, a time that they should be home or places that are okay for them to go?
- Is marriage expected?
- If your child told you that they are gay, what would you say or do?
- What messages does your child get from you about relationships?
- What does society tell teens about relationships?
- What **should** society tell teens about relationships?

Sex and Pregnancy

- What are your beliefs about sex before marriage?
- What are your beliefs about casual sex?
- If your daughter became pregnant in her teens, how would you feel? What would you say, do, or expect?
- If your son told you his girlfriend was pregnant, what would you say, do or expect?
- If your child told you that they had been sexually abused, what would you say or do?
- In your family, who is responsible for sex education?
- What does society tell teens about sex?
- What **should** society tell teens about sex?

Alcohol and Drugs

- What messages does your child get from you about alcohol or drugs?
- What does society tell teens about alcohol and drugs?
- What **should** society tell teens about alcohol and drugs?

Talking to your Kids

ABOUT SEX

Grades K-2

- Understand the difference between “yes” and “no”
- Identify and describe the members of a family
- Explain similarities and differences between boys and girls
- Explain that all living things reproduce
- Define and describe friendship
- Explain healthy ways to express feelings toward friends and family
- Understand that everyone, including children, can say “no” to being touched
- Know how and when to tell an adult if they are in an uncomfortable situation
- Explain what bullying is, why it is wrong, and who to tell if someone is being bullied

Grades 3-5

- Describe the reproductive system, their body parts, and how each part works
- Define puberty and how it can change your body, feelings, and relationships
- Identify a trusted adult who can answer questions about relationships and sexual health
- Define respect and demonstrate how to treat others with respect
- Describe what a healthy relationship looks like
- Demonstrate positive ways to communicate differences of opinion
- Define sexual harassment and sexual abuse
- Use words like “vagina”, “penis”, and “nipples”

Grades 6-8

- Define sexual intercourse and its relationship to reproduction
- Define pregnancy
- Describe the signs and symptoms of pregnancy
- Define abstinence and how it relates to pregnancy prevention
- Understand the difference between gender identity, gender expression, and sexual orientation
- Demonstrate how to communicate boundaries and show respect for others' boundaries
- Define HIV and STD
- Examine how alcohol and other substances can affect decision making
- Understand how to use social media responsibly

Grades 9-12+

- Describe the human sexual response cycle
- Understand how friends, family, media, and society can affect mental health and body image
- Explain the benefits, risks, and effectiveness rates of different contraceptive methods including abstinence and condoms
- Describe the steps to use a condom correctly
- Define emergency contraception and describe how it works
- Identify laws related to reproductive and sexual healthcare
- Identify the skills and resources needed to be a parent
- Know how to access local STD and HIV testing and treatment services

Future of Sex Education Initiative. (2020).
National Sex Education Standards: Core Content and
Skills, K-12 (Second Edition).

Activity for TEENS & YOUNG ADULTS

Let's Get Intimate

What is intimacy?

Intimacy means "having a close, personal relationship". It's when you feel so deeply connected to someone that you begin to share parts of your life with them. When young people are in a relationship and their feelings are new, there is often a lot of physical intimacy, like touching, kissing, hugging, and sometimes, having sex.

But intimacy is more than just physical. We can share many other things with someone we trust to help us grow in intimacy, like our thoughts, feelings, hobbies, and more.

Let's talk about six different kinds of intimacy and some examples of each:

- **Mental Intimacy** - Sharing thoughts, ideas, and interests; learning together
 - Taking a class together, reading the same book, discussing current events, having a thoughtful talk
- **Emotional Intimacy** - Sharing feelings; understanding each other emotionally
 - Understanding what makes your partner laugh or cry, being able to communicate clearly and honestly, being able to talk about tough moments in life together
- **Social Intimacy** - How you interact with the people around you and the things you and your partner do to have fun
 - Having the same hobby, having the same friends, going to the same places, having the same family values
- **Spiritual Intimacy** - The way you see and connect to the world
 - Meditating or praying together, going to the same place of worship, talking about your world views together
- **Financial Intimacy** - How you save, spend, and give money
 - Agreeing on a budget, making goals for earning money, talking about spending habits and debt
- **Physical Intimacy** - Physical touch; using your body to be intimate
 - Holding hands, hugging, kissing, cuddling, rubbing back, having sex

Look at each of these areas in your life. How can you become more intimate in each area? Think about how intimacy may look different depending on who you are sharing it with.

What are some **appropriate** ways that can you become more intimate with yourself?
Your friends? Your family members? Your partner or future partner?



Yourself

**Friend or
Family Member**

**Partner or
Future Partner**



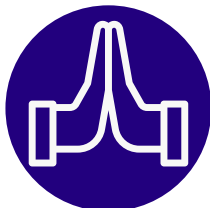
Mental



Emotional



Social



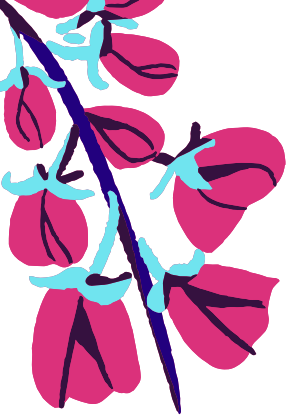
Spiritual



Financial



Physical



Activity

Gimme Love!

Let's talk about a few ways to give and receive love. We often give love in the same ways that we like to receive it, but not everyone feels loved in the same ways.

There are **five** main ways that we show each other love. These are called **love languages**.

The five love languages are:

- **Words of Affirmation**
- **Quality Time**
- **Receiving Gifts**
- **Acts of Service**
- **Physical Touch**

To figure out your main love language, check the box next to each sentence that you agree with. The category with the most checkmarks is your main love language.

Knowing your love language is important because you can tell others, like your family, friends, and partners, how to show their love for you in a meaningful way.

Similarly, asking others about their love language can help you to show love for them in a meaningful way.

For

EVERYONE

I feel most loved when someone...

Words of Affirmation

- ☐ Says I look nice
- ☐ Makes me feel good about myself
- ☐ Says what they like about me
- ☐ Tells me they are proud of me
- ☐ Says "I love you"
- ☐ Leaves encouraging notes

Acts of Service

- ☐ Makes me a meal
- ☐ Helps me with chores or errands
- ☐ Offers help
- ☐ Tries to make my life easier
- ☐ Takes care of me
- ☐ Asks, "Is there anything I can do to help you?"

Quality Time

- ☐ Spends time with me
- ☐ Gives me attention
- ☐ Does fun activities with me
- ☐ Takes me out to lunch or dinner
- ☐ Has long conversations with me
- ☐ Makes plans for us to hang out

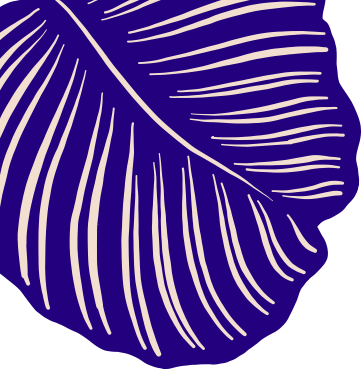
Physical Touch

- ☐ Gives hugs and/or kisses
- ☐ Holds my hand
- ☐ Scratches my back
- ☐ Shows affection often
- ☐ Sits close to me
- ☐ Wants to be near me

Receiving Gifts

- ☐ Surprises me with a souvenir
- ☐ Makes me a handmade gift
- ☐ Sends me a card or a letter
- ☐ Buys something on my wish list
- ☐ Knows exactly what gifts I like
- ☐ Gets me a gift card to my favorite store or restaurant





Activity

Consent

Let's talk about consent.

Having consent means having permission for something to happen, like being touched. Whether you're holding hands, hugging, kissing, or having sex, you **must** have consent!

Consent is not optional.

Some people may find asking for consent to be awkward or uncomfortable, but asking for consent doesn't have to ruin the mood. Talking about consent and boundaries can make both partners feel more comfortable and safe.

Remember, you always have the right to say yes or no. It doesn't matter you've said yes before or if you said yes, then change your mind. Your partner must respect your answer.

The best way to know if you have someone's consent? Just ask and **always take "no" for an answer.**



For

EVERYONE

Do You Wanna Share My FRIES?



Consent is...

FREELY GIVEN

You can say "yes" or "no" without being pressured, forced, tricked, or threatened.

REVERSIBLE

You can change your mind at **any** time. If you no longer have consent, you should **stop**.

INFORMED

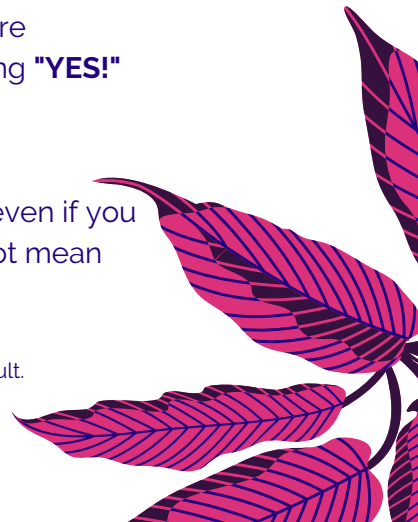
You know exactly what you are consenting to. You have all of the facts about what will happen if you give consent.

ENTHUSIASTIC

You are excited to give consent and enjoy what you are consenting to. You aren't just saying "yes", you're saying **"YES!"**

SPECIFIC

Each action requires consent every time it happens, even if you have done it before. Saying "yes" to one thing does not mean saying "yes" to everything



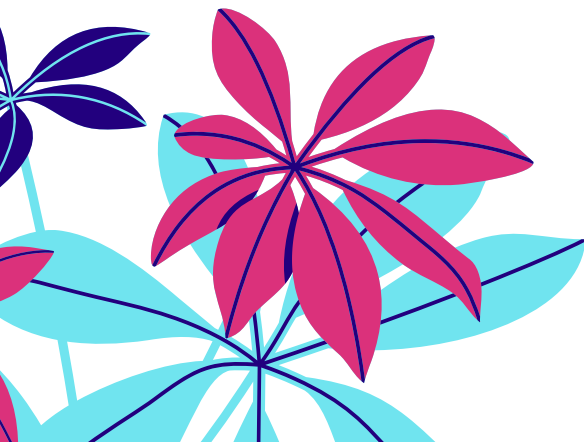
Sexual Assault

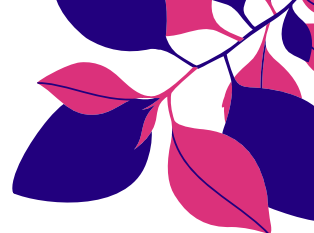
IS WHEN...

- Someone touches you in a sexual way without your permission
- Someone forces you to have sex when you do not want to
- Someone gives you alcohol or drugs, then tries to have sex with you while you are drunk or high
- When an adult has sexual contact with a child or a teen

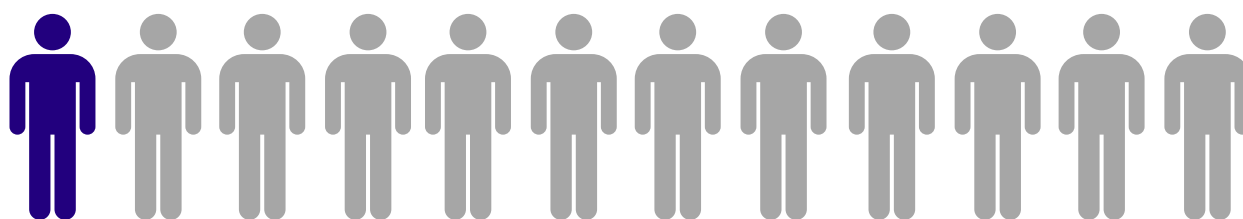
In other words, sexual assault happens when someone violates your **consent**.

Centers for Disease Control and Prevention. (2022, February 5). Preventing sexual violence [violence prevention|injury Center|CDC. Centers for Disease Control and Prevention. Retrieved March 19, 2022, from <https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html>

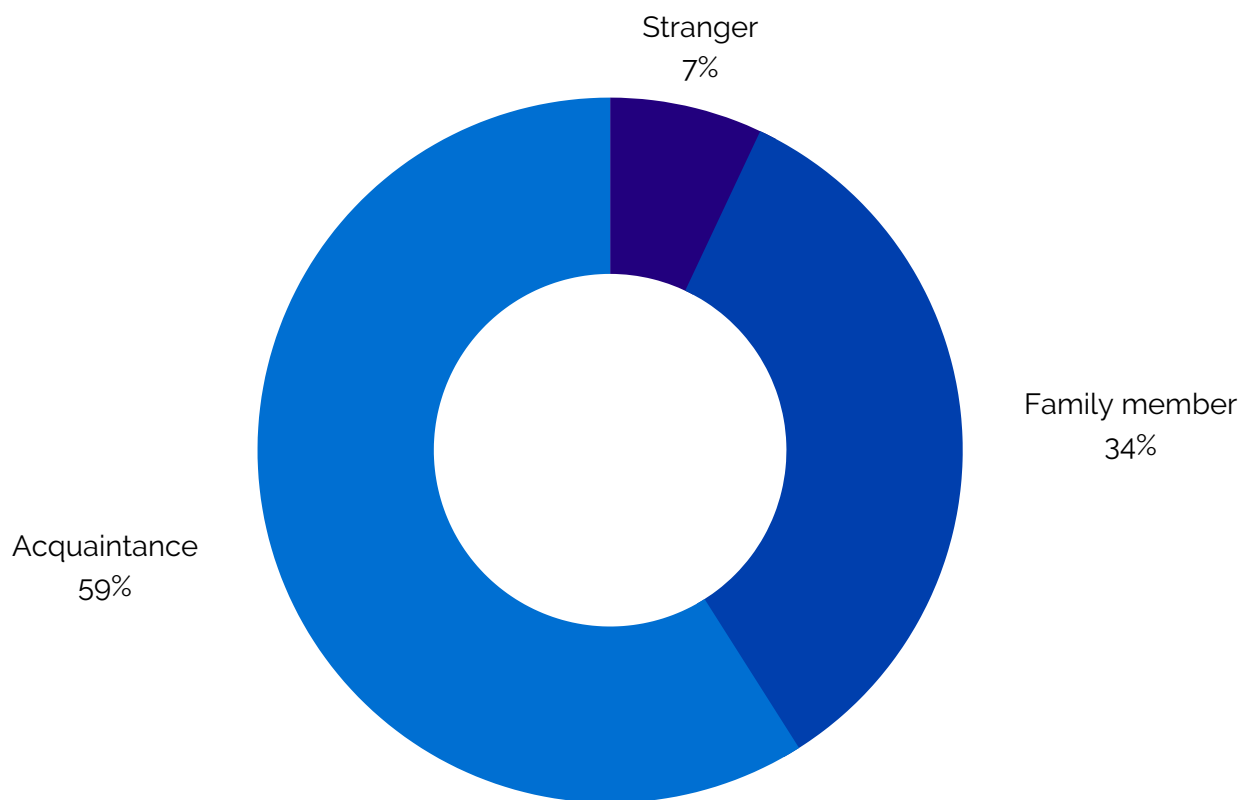


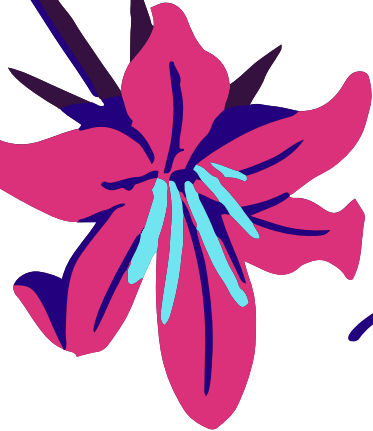


1 in 4 girls and **1 in 13 boys**
are victims of sexual assault
before they turn 18



Of all sexual abuse cases reported to the police,
93% of children knew their abuser





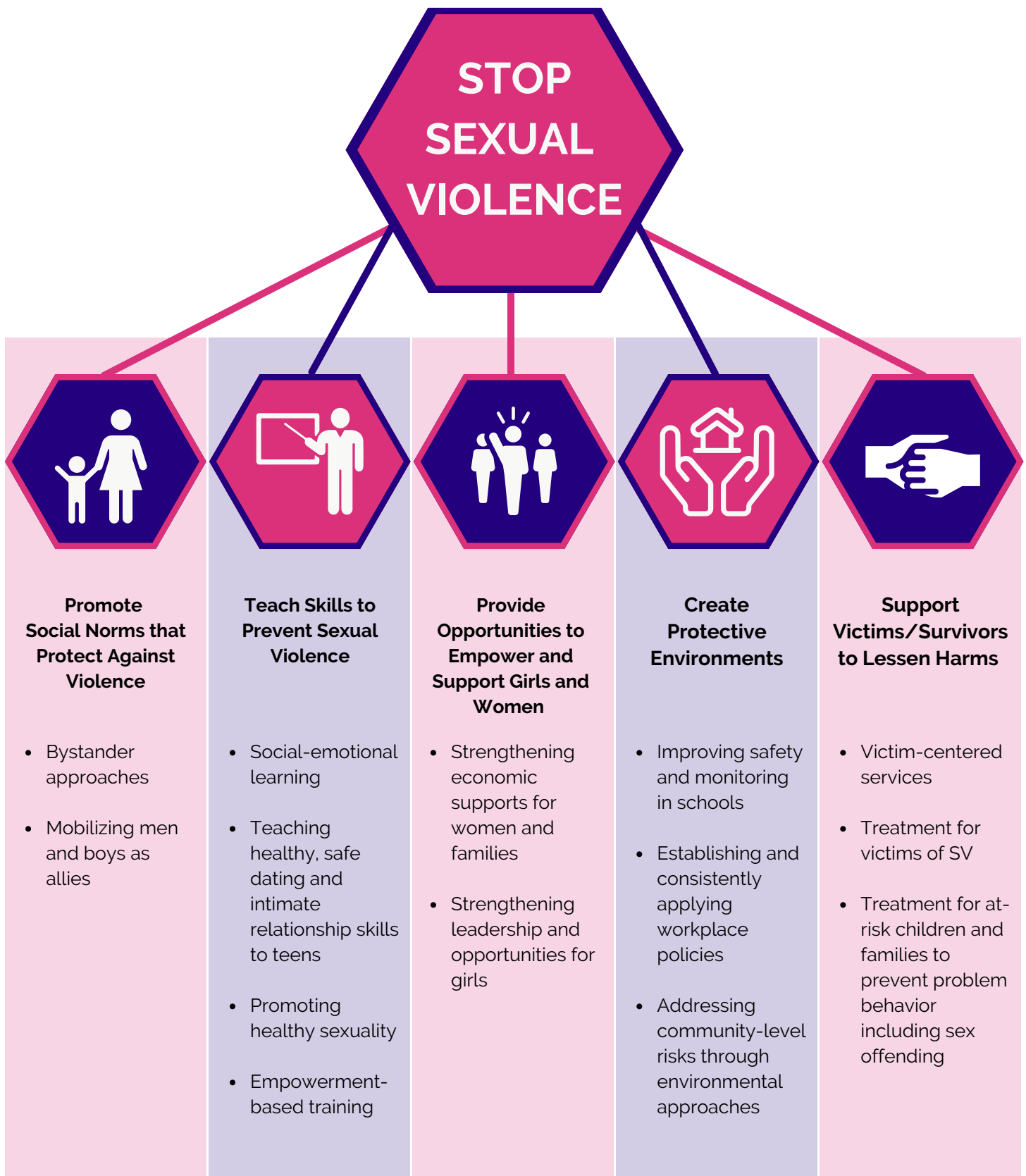
Preventing

SEXUAL ASSAULT

- Talk to children about their bodies and sexuality in age-appropriate ways

(See "Talking to your Kids About Sex")

- Teach the difference between appropriate and inappropriate touching
- Respect when your child says no, especially in response to being touched
- Teach children what to do and who to tell if they are hurt
- Make sure the child lives in a safe place with people that you and the child trust
- Make sure the abuser can not interact with the child
- Trust your child if they tell you that an adult makes them uncomfortable



What to Do if You Are Sexually Assaulted

After an assault, you may feel scared, confused, ashamed, angry, or helpless. It's okay to feel like this. With time and support, you will feel okay again. Remember that an assault is **not** your fault.

You were not asking for it and did not do anything to deserve it.

- **Get to safety**

- Find a safe place to go, Call a friend for help if you can. If you are in immediate danger, call 911.

- **Tell someone what happened**

- This can be anyone that you trust to help you and keep you safe. It can be a friend, family member, teacher, priest or pastor, or anyone else that you trust. If you are on a college campus, consider reporting the assault to your campus Title IX Coordinator.

- **Don't change your appearance**

- You do not have to decide right away if you want to talk to the police or press charges. In case you do, it's important that a doctor or nurse can collect evidence from your body.
- Don't shower, bathe, or change clothes.
- If you can, do not use the bathroom, comb your hair, eat, smoke, drink, or take any drugs before you see a doctor.

- **Get medical care**

- If you have injuries or would like a rape kit done, you should go to the hospital immediately
- If you are worried about being exposed to HIV, you can get medicine called PEP (post-exposure prophylaxis) that will help prevent you from getting it.
- If you are worried about STDs, it's a good idea to get tested.

- **Find support**

- It can be extremely difficult to cope after sexual assault. It may help to talk to someone you trust, like a friend, family member, or counselor.
- If you need additional support, RAINN has a 24-hour, 7 day a week support line that you can reach by phone or online.
 - See our **Resources** page at the end of this booklet for more information



preventing pregnancy

most effective



abstinence

- 100% effective
- lifestyle
- free
- offers protection from pregnancy and STIs



outercourse

- 100% effective
- use every time
- free
- offers protection from pregnancy
- STDs can still be spread



implant

- 99% effective
- lasts up to 5 yrs
- can cost \$0-\$1300
- no STI protection



IUD

- 99% effective
- lasts 3-12 yrs
- can cost \$0-\$1300
- no STI protection



vasectomy

- 99% effective
- lasts for life
- can cost \$0-\$1000
- no STI protection



sterilization/ tubal ligation

- 99% effective
- lasts for life
- can cost \$0-\$6000
- no STI protection



patch

- 91% effective
- use weekly
- can cost \$0-\$150
- no STI protection



vaginal ring

- 91% effective
- use monthly
- can cost \$0-\$200
- no STI protection



pill

- 91% effective
- use daily
- can cost \$0-\$50
- no STI protection



shot

- 94% effective
- get every 3 months
- can cost \$0-\$150
- no STI protection



condom

- 85% effective
- use every time
- can cost \$0-\$2
- offers protection from STIs



internal condom

- 79% effective
- use every time
- can cost \$0-\$3
- offers protection from STIs



diaphragm

- 88% effective
- use every time
- can cost \$0-\$75
- no STI protection



cervical cap

- 71-86% effective
- use every time
- can cost \$0-\$90
- no STI protection



spermicide

- 71-86% effective
- use every time
- can cost \$0-\$270
- no STI protection



withdrawal/ "pulling out"

- 78% effective
- lifestyle choice
- free
- no STI protection



fertility awareness method

- 76-88% effective
- lifestyle choice
- can cost \$0-\$20
- no STI protection



birth control sponge

- 76-88% effective
- use every time
- can cost \$0-\$15
- no STI protection



unprotected sex

- effectiveness varies
- free
- risk of pregnancy
- no STI protection

least effective

I am...

CONFIDENT BRAVE
EMPOWERED
KIND CURIOUS UNIQUE
CAPABLE THOUGHTFUL EQUAL
SUCCESSFUL STRONG
FUN PASSIONATE RESPECTED
INFORMED
LOVED ACCOMPLISHED
TALENTED SAFE
HAPPY POWERFUL
RESPONSIBLE

Resources

Online Resources

Amaze Jr

This website has age-appropriate sex education resources, including videos and a podcast, for talking to 4-9 year olds.
<https://amaze.org/jr/>

American Sexual Health Association: I Wanna Know!

This website has information on how to be an "askable parent". It has advice on communicating with your children about sexual health, STDs/STIs, relationships, LGBTQ identity, pregnancy, and parenthood.
<http://www.iwannaknow.org/parent.html>

Amy Lang's Birds + Bees + Kids

This website features classes, workshops, coaching, and resources for parents looking to teach the "birds and bees" to their children.
<https://birdsandbeesandkids.com/>

Break The Cycle: Love Is Not Abuse

This is a digital handbook for parents to talk to their children about healthy relationships and how to recognize abuse.
http://www.breakthecycle.org/sites/default/files/LI_NA_Parent.pdf

Girls Inc

This website has tips on parent-child communication and other resources to support, celebrate, and empower young girls.
<https://girlsinc.org/take-action/resources/>

Kid's Health: Growth and Development

This website provides health information for parents of pre-teens and teens.
<http://kidshealth.org/parent/growth>

No Mas

This website has information for parents on healthy communication, healthy relationships, and healthy sexuality in both English and Spanish.
<https://www.decimosnomas.org/en/start-talking/>

PFLAG

This website has publications and toolkits for family and friends of LGBTQ+ youth.
<https://pflag.org/family>

RespectAbility

This website provides sex education, dating, hygiene, self care, and puberty resources for parents of children with disabilities.
<https://www.respectability.org/resources/sexual-education-resources/>

Sex Positive Families

This website provides educational resources for families to raise sexually healthy children.
<https://sexpositivefamilies.com/>

Talk With Your Kids

This website provides information in English and Spanish for parents to talk to their children (age 0-18) about healthy relationships, love, coercion and assault. It also contains information for teens on how to access healthcare resources.
<https://www.talkwithyourkids.org/>

For Parents

Books

Young Children (ages 3-8)

- How'd I Get There In the First Place, by Deborah Roffman
- Talking to Your Kids about Sex: From Toddlers to Preteens, by Lauri Berkenkamp and Steven Atkins
- Amazing You: Getting Smart about Your Private Parts, by Gail Saltz
- Bellybuttons Are Navels, by Mark Schoen
- It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends, by Robie Harris, Illustrated by Michael Emberley
- It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families, by Robie Harris, Illustrated by Michael Emberley
- And Tango Makes Three, by Justin Richardson and Peter Parnell
- All Families Are Different, by Sol Gordon, Illustrated by Vivien Cohen
- The Sissy Duckling, by Harvey Fierstein, Illustrated by Henry Cole
- It's My Body, by Lory Freeman

Preteens (Ages 9-13)

- Talking to Your Kids about Sex: A Go Parents! Guide, by Lauri Berkenkamp and Steven Atkins
- Everything You NEVER Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask), by Justin Richardson and Mark Schuster
- It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health, by Robie Harris, Illustrated by Michael Emberley
- Girl Stuff: A Survival Guide to Growing Up, by Margaret Blackston and Elissa Haden Guest, Illustrated by Barbara Pollak
- The Care & Keeping of You: The Body Book for Girls, by American Girl Library
- Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond, by Debra Haffner

Teens (ages 14-19)

- Sex and Sensibility: The Thinking Parents Guide to Talking Sense about Sex, by Deborah Roffman
- Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies, by Ellen Bass and Kate Kaufman
- All About Sex: A Family Resource on Sex and Sexuality, by Ronald Moglia and Jon Knowles
- Sexuality: Your Sons and Daughters with Intellectual Disabilities, by Karin Melberg Schwier and Dave Hingsburger
- Ten Talks Parents Must Have With Their Children about Sex and Character, by Pepper Schwartz, Ph.D., and Dominic Cappello

Podcasts

Catching Health: Diane Atwood

This podcast features clinical social worker and certified sex therapist Jennifer Weissner who gives advice on raising sexually healthy children.
<https://dianeatwood.com/raising-sexually-healthy-children-2/>

NPR Life Kit: What Your Teen Wishes You Knew About Sex Education

This podcast features advice from researchers, advocates, and sex educators on how parents can help their teens navigate puberty and beyond.
<https://www.npr.org/2020/02/10/804508548/what-your-teen-wishes-you-knew-about-sex-education>

Six Minute Sex Ed

This podcast hosted by sex educator Kim Cavill provides brief lessons about puberty, consent, and STDs, broken down by levels (basic and more complex).

Resources

Online Resources

American Sexual Health Association:

This association provides information about sexual health and specific resources for teens and young adults.

www.ashasexualhealth.org/sexual-health/teens-and-young-adults/

Bedsider:

This website has information that helps young people learn about birth control. It discusses different birth control types as well as their benefits and side effects.
<http://bedsider.org/>

Center for Young Women's Health and Young Men's Health:

These websites provide information for adolescents, including guides on contraception, STIs, LGBT health, and puberty.

<http://youngwomenshealth.org> and
<http://youngmenshealthsite.org>

Coalition for Positive Sexuality:

This website offers resources and tools for teens to take care of themselves and help them to make decisions about sex.

<http://www.positive.org/>

Girls Health.Gov:

This website provides facts on sex and STDs, as well as ways to protect yourself. It also features a testing center locator.

<http://girlshealth.gov/know-the-facts-first/index.html>

Go Ask Alice!:

This website is geared toward young people and contains a large database of questions and answers about reproductive and sexual health.

www.goaskalice.columbia.edu

Love Matters:

This website offers a space to talk and ask questions about love, sex, and relationships for young adults
<https://lovematters.in/en>

MTV, It's Your Sex Life:

This is an interactive website made by MTV that has resources for young adults on pregnancy, STDs and testing, being LGBTQ, relationships, and consent.
www.itsyoursexlife.com/

Options for Sexual Health:

This online resource offers sexual and reproductive health care, information, and education.
<https://www.optionsforsexualhealth.org/>

Safe Teens:

This website can help teens find information on teen pregnancy, STDs, safe sex, relationships, and LGBTQ issues.
www.safeteens.org/

Scarleteen:

This website provides a wealth of information for teens and young adults about sexuality, sex, and relationships, as well as advice and support
www.scarleteen.com/

Stay Teen:

Using videos, games, quizzes, and a sex education resource center, this website delivers quality information about sex, relationships, abstinence & birth control
<http://stayteen.org/>

Teen Health:

Adolescents can use this website to learn facts about sexual health including articles about puberty, menstruation, infections, and birth control.
http://teenshealth.org/teen/sexual_health/

For Teens

Books

- Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships, by Ruth Bell Alexander!
- It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health, by Robie Harris, Illustrated by Michael Emberley
- Deal with It! A Whole New Approach to Your Body, Brain, and Life as a Gurl, by Ester Drill
- What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons, by Lynda Madaras
- What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters, by Lynda Madaras
- The Guy Book: An Owner's Manual, by Mavis Jukes
- GLBTQ: The Survival Guide for Queer and Questioning Teens, by Kelly Huegel
- The Real Truth about Teens and Sex: From Hooking Up to Friends with Benefits – What Teens Are Thinking, Doing and Talking About and How to Help Them Make Smart Choices, by Sabrina Weill
- The Underground Guide to Teenage Sexuality, by Michael Basso

Apps

Roo

This app is a free and private chat-bot for teens to ask questions about sexual health, relationships, growing up, and more.

Spot On

This is a period tracking app to help teens understand their menstrual cycle.

Local Resources

Louisiana Reproductive Health Program

The Louisiana Reproductive Health Program serves thousands of men, women, and adolescents at over 60 clinics statewide access birth control, STI screening, and other reproductive health needs.
<http://healthychoicesla.org/>

Louisiana Wellness Centers

Louisiana Wellness Centers are sexual health clinics that provide health programming, affordable healthcare services, STI testing, and community building opportunities.

- **Acadiana Cares** - 809 Martin Luther King Jr. Drive Lafayette, LA (337) 233-2437
- **HAART** - 4560 North Blvd Ste.101, Baton Rouge, LA (225) 927-1269
- **CrescentCare** - 1631 Elysian Fields .New Orleans, LA (504) 945-4000
- **The Philadelphia Center** - 2020 Centenary Blvd, Shreveport, LA (318)222-6633
- **Go Care** - 1801 North 7th Street Suite A West Monroe, LA 318-325-1092
- **CLASS** - 1785 Jackson St. Alexandria, LA (318) 442-1010
- **Common Street Clinic Wellness Program** - 1715 Common Street Lake Charles, LA (337) 439-1386 Ext 108

Louisiana Health Hub HIV/STD Info:

1-800-992-4379

Hours of Operation: 8am-5pm | Monday - Friday

Louisiana Foundation Against Sexual Assault (LAFASA)

LaFASA supports survivors, advocates, service providers, and activists by cultivating, creating, and sharing information and resources.

http://www.lafasa.org/main/resource_center

*Know better.
Do better.
Be better.*

SAFE HAVYNN EDUCATION CENTER

337.552.7530

INFO@SAFEHAVYNN.ORG



SCAN ME