

## Training Resources

Answer, a nationally recognized institute at Rutgers University, offers online workshops and webinars on a variety of sexuality education topics. **Answer Online Workshops** run year-round and provide 6 hours of professional development credit (cost: \$150). Topics include: Sexuality ABCs, STD Basics, LGBTQ Issues in Schools.

### Upcoming Webinars

#### Answer Webinars (held from 3-4:30pm)

- From the Classroom to the Clinic: Making Effective Linkages with Health Services (12/13/12)
- TMI? Keeping Appropriate Boundaries When Working With Youth (2/14/13)
- Getting Past the Fear: Teaching About Sensitive Topics in Sexuality Education (3/14/13)

- I'm So Glad You Asked Me That: Answering Tough Sexuality Questions (4/11/13)

**Past Answer webinars and mini-series recordings including "The Forgotten Years: Teaching Sexuality Education in Middle School" are available for purchase at <https://answer.rutgers.edu/page/product/>**

**Local Trainings– Teenwise Minnesota** is a prominent statewide organization devoted to adolescent sexual health and preventing adolescent pregnancy. Teenwise Minnesota hosts multiple trainings and educational opportunities throughout the year. See their website at [www.teenwise.org](http://www.teenwise.org) for more information or to access resources for professionals, parents, and youth.

### Community Organizations

Many community organizations in the metro area provide single and/or multiple session educational programming on a variety of sexual health and youth development topics often at low or no cost. Also see [www.sfle.org](http://www.sfle.org).

**Annex Teen Clinic**– (North Minneapolis focus) Will offer single sessions to supplement existing programming or work with schools to design a series tailored to individual school needs. Annex educators are also trained in many evidence-based curricula. [hannah@annexteenclinic.org](mailto:hannah@annexteenclinic.org)

**Dads Make a Difference**– Trains high school peer educators to teach middle school youth about making healthy decisions and the responsibilities of being a parent while emphasizing the importance of fathers. [jan@dadsmakeadifference.org](mailto:jan@dadsmakeadifference.org)

**Family Tree Clinic**– Provides a variety of single session youth presentations including "Elementary Puberty Education" and "Middle School Healthy Relationships" and adult programs such as "Parents as Sexuality Educators". <http://familytreeclinic.org/education-services/community-education-department/presentations-offered/>

**It's That Easy**– An online databank of parent educators <http://www.thedatabank.com/dpg/375/itedir.asp>

**Lutheran Social Services**– Partners with schools to offer evidence-based curricula and develop internal capacity through staff, parent, and peer educator trainings. LSS educators are trained in *Making Proud Choices, Our Whole Lives, ¡Cuidate!* and more. [Chicka.Merino@lssmn.org](mailto:Chicka.Merino@lssmn.org)

**my Health for Teens and Young Adults (formerly West Suburban Teen Clinic)**– Offers single session presentations for students and parents on topics from "Friendship and Dating" to "Teen Brain Development." <http://westsuburbanteenclinic.org/education>

**Neighborhood HealthSource**– (North and Northeast Minneapolis focus) Provide schools semester or quarter-long programming based on evidence-based programs. [gmler@neighborhoodhealthsource.org](mailto:gmler@neighborhoodhealthsource.org)

**Planned Parenthood**– Offers single session presentations on birth control. [jgrilz@ppmns.org](mailto:jgrilz@ppmns.org)

**Teen Age Medical Services**– (Cedar-Riverside and South Minneapolis focus) Provides single or multiple session presentations on a variety of sexuality topics. [ptak@peoples-center.org](mailto:ptak@peoples-center.org)

**Wellshare International**– Offers cultural competency trainings for working with Somali youth and families. [aeverson@wellshareinternational.org](mailto:aeverson@wellshareinternational.org)

**West Side Community Health Services**– Presents single sessions for parents on topics such as "Adolescent Development" and "Parents as Sexuality Educators". Presentations available in Spanish. [ggrinager@westsidechs.org](mailto:ggrinager@westsidechs.org)

## Sexual Health Education: Grades 6-8



*A healthy youth development resource for schools serving middle school-aged students*

This pamphlet presents a spectrum of opportunities for supporting healthy youth development and sexual health education in Minneapolis middle schools. This resource is not intended to be a comprehensive guide, but rather a primer for schools interested in learning more about the programming choices and assistance currently available. This resource includes:

- Information on the National Sexuality Education Standards
- Recommendations on evidence-based and promising curricula to be used with students in grades 6-8
- Upcoming educator trainings and webinars relating to healthy youth development and adolescent health
- A list of community organizations offering educational programming or presentations on puberty, healthy relationships, and sexual health topics for students, parents, and more.

### The National Sexuality Education Standards

In January 2012, the American Association of Health Education, the American School Health Association, the National Education Association, the Society of State Leaders of Health and Physical Education, and the Future of Sex Education (FoSE) Initiative partnered to create the National Sexuality Education Standards, Core Content and Skills, K-12.

These standards outline sexual development as a normal, natural, healthy part of human development that has a place in every health education curriculum. The standards are intended to assist schools in designing and delivering sexuality education that is planned, sequential, and part of a comprehensive school health education approach.

For more information and to access the standards: <http://www.futureofsexeducation.org/documents/josh-fose-standards-web.pdf>

Two recent webinars, on the National Sexuality Education standards and on how to implement them in the Minnesota classroom, can be found at the Teenwise Minnesota website: <http://www.teenwise.org/training.html>

### Why Middle School Sex Ed?

Promoting the health of students citywide and preventing teen pregnancy are two major priorities for the City of Minneapolis. Due to the rapid formation of self-identity and increased feelings and experiences of independence that characterize preadolescence, middle school (and before) is the ideal time for educating students about their health and for encouraging healthy behaviors.

#### Sexual health education that begins in high school is reaching students too late.

Youth who initiate sex early are at risk for a variety of negative health and educational outcomes including increased risk of dropping out of school<sup>1</sup> and increased risk of teen pregnancy and sexually transmitted infections.<sup>2</sup> We also know that teen mothers and their children experience many educational hurdles. However, age-appropriate, comprehensive sexual health education is effective in promoting healthy behaviors in youth including delaying initiation of sex and decreasing sexually transmitted infection and pregnancy rates.<sup>3</sup>

<sup>1</sup> Advocates for Youth. (2006). *Effective Sex Education*. Washington, DC: McKeon.

<sup>2</sup> National Campaign to Prevent Teen Pregnancy. (2003). *14 and Younger: The Sexual Behavior of Young Adolescents (Summary)*. Washington, DC: Albert, Brown & Flanigan (Eds.).

<sup>3</sup> National Campaign to Prevent Teen Pregnancy. (2004). *Not yet: programs to delay first sex among teens*. Washington, DC: Manlove, Romano-Papillo & Ikramullah.

## About “Evidence-Based” Programs

**Evidence-based programs** (also called science-based, research-proven, or best practice programs) are considered best practice in sexual health education programming. These programs have been scientifically evaluated and, when taught with fidelity, have been proven to be effective over time in reducing sexual risk-taking behavior related to teen pregnancy.

### Grade 6 and below recommended curricula

The curricula listed below were recommended for specific use in 4th, 5th and 6th grade maturation and puberty courses by Answer at the Center for Applied Psychology, Rutgers University. Neither curriculum is science-based, but both are considered “promising approaches”. Our Whole Lives is currently undergoing rigorous evaluation.

	# of sessions	Estimated Cost	Ordering Information	Notes
<b>F.L.A.S.H. (Family Life and Sexual Health)</b>	19 sessions	Free to download. \$55.00 printed and bound	<a href="http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx">www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</a>	FLASH is available for grades 4-6 and 7-8.
<b>Our Whole Lives</b>	8 sessions	\$40.00	<a href="http://www.ucc.org/justice/sexuality-education/our-whole-lives-4-6.html">www.ucc.org/justice/sexuality-education/our-whole-lives-4-6.html</a>	Our Whole Lives is published by the Unitarian Universalist Association, however, the curricula contains no religious references or doctrine making it suitable for use in schools.

### Local Programming News

A 2006-2007 survey of Minnesota parents conducted by the University of Minnesota found:

- 89.3% of parents of school-age youth support teaching about both abstinence and contraception in schools.
- Parents believed that education on most sexual health topics should begin in middle school.

(Eisenburg M.E., Bernat D.H., Bearinger, L.H. and Resnick, M.D. (2008) Support for Comprehensive Sexuality Education: Perspectives from Parents of School-Age Youth. *Journal of Adolescent Health*, 42, 352-359.)

In 2008, Minneapolis Public Schools partnered with the City of Minneapolis, the Minneapolis Urban Initiative for Reproductive Health and Teenwise Minnesota to select and implement evidence-based sexual health curriculum for use in middle schools citywide. Minneapolis Public Schools currently offers the “Making Proud Choices” curriculum in every MPS middle school.

For more information about technical assistance for your school, contact The Minneapolis Department of Health and Family Support at (612) 673-2301 or [health.familysupport@minneapolismn.gov](mailto:health.familysupport@minneapolismn.gov).

If you need this material in an alternative format please call 612-673-2301 or email [health.familysupport@minneapolismn.gov](mailto:health.familysupport@minneapolismn.gov). Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800;

Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama 612-673-2700;

Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

## Grades 6, 7 and 8 recommended curricula

The following table highlights age-appropriate sexual health education curricula recommended for use with middle school aged students. These programs have been selected from the Office of Adolescent Health’s list of 31 evidence-based teen pregnancy prevention programs. For more information on the curricula, visit the OAH’s website at [www.hhs.gov/ash/oah/oah-initiatives/tpp/programs.html](http://www.hhs.gov/ash/oah/oah-initiatives/tpp/programs.html).

Resource Name	Audience	Topic	Is it evidence-based?	# of sessions	Estimated Cost	Ordering Information
<b>Be Proud! Be Responsible!</b>	Ages 13-18	HIV/STI prevention	Yes	Six 50-min sessions	\$505.00	<a href="http://www.selectmedia.org/programs/">www.selectmedia.org/programs/</a>
<b>¡Cuidate! (for Latino youth)</b>	Ages 13-18	HIV/STI prevention	Yes	Six 1-hr modules	\$265.00	<a href="http://www.selectmedia.org/programs/cuidate.html">www.selectmedia.org/programs/cuidate.html</a>
<b>It's Your Game: Keep it Real</b>	Grades 6-7 or grades 7-8	HIV/STI and pregnancy prevention	Yes	Twelve 50-min lessons (can deliver across 2 yrs)	\$500 training per instructor required	<a href="https://sph.uth.edu/iyg/">https://sph.uth.edu/iyg/</a>
<b>Making A Difference</b>	Ages 11-13+	Abstinence, HIV/STI prevention, and pregnancy prevention	Yes	Eight 1-hr modules	\$431.00	<a href="http://www.selectmedia.org/programs/difference.html">www.selectmedia.org/programs/difference.html</a>
<b>Making Proud Choices</b>	Ages 11-13+	HIV/STI and pregnancy prevention	Yes	Eight 1-hr modules	\$648.00	<a href="http://www.selectmedia.org/programs/choices.html">www.selectmedia.org/programs/choices.html</a>
<b>Promoting Health Among Teens! Abstinence-Only</b>	Ages 11-14+	Abstinence and HIV/STI prevention	Yes	Eight 1-hr modules	\$559.00	<a href="http://www.selectmedia.org/programs/phatab.html">www.selectmedia.org/programs/phatab.html</a>
<b>Promoting Health Among Teens! Comprehensive Version</b>	Grade 6-7	Abstinence, HIV/STI prevention, and pregnancy prevention	Yes	Twelve 1-hr modules	\$679.00	<a href="http://www.selectmedia.org/programs/phatcompr.html">www.selectmedia.org/programs/phatcompr.html</a>

**Live It!**, a curriculum developed locally by the Division of Indian work, is a culturally appropriate program for use with American Indian youth. Live It! does not meet evidence-based criteria as it has not yet been rigorously evaluated, but may be appropriate for schools serving Native youth. The curriculum includes 10 lessons that address topics such as puberty, healthy relationships, decision-making, and communication skills. The program also seeks to reconnect youth with Native culture. Please contact the Division of Indian Work for more information <http://diw.gmcc.org/index.php> or (612)279-6353.