Healthy sexuality & young people

Sexual health promotion as sexual violence prevention
Welcome
Part 1

• Introduction
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• Healthy sexuality & prevention
• Activity: Healthy sexuality checklist
• Healthy sexuality & young people
• Sexual Assault Awareness Month 2014
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Part 2

• Healthy sexuality & working with youth
• What is adultism?
• Healthy communication
• Activity: It’s time... to talk about sex
• Building healthy youth-adult partnerships
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• Wrapping up
Looking for a sexual assault program? Check out NSVRC’s online directory.
APRIL = Sexual Assault Awareness Month

SPREAD THE WORD: WWW.NSVRC.ORG/SAAM

National Sexual Violence Resource Center • #SAAM
1. Define healthy sexuality framework for sexual violence prevention.

2. Examine adolescent sexual health promotion campaign.

3. Identify strategies to incorporate healthy sexuality in work with youth.
Icebreaker: Condom Connection
Nice to meet you!
• **Banana:** What's the funniest myth you've heard about sex or sexuality?

• **Brain:** What's one thing about sex or sexuality that you wish you had learned sooner?

• **Love:** What's the best part of your job?

• **Gas Tank:** What's one thing that fuels you?
What is healthy sexuality?
What is healthy sexuality?
Healthy sexuality

“Healthy sexuality means having the knowledge and power to express sexuality in ways that enrich one’s life. ...consensual, respectful and informed. Healthy sexuality is free from coercion and violence.”

NSVRC SAAM Definition
Healthy Sexuality

- Social
- Emotional
- Physical
- Cultural
- Attitudes
- Values
- Feelings
- Behaviors
Activity:
Healthy sexuality checklist
What does healthy sexuality look like?
Characteristics of a Sexually Healthy Adult

Model developed by Sexuality Information & Education Council of the United States (SIECUS)
Characteristics of a Sexually Healthy Adult

- Comfortable with body
- Understands sexual development
- Information and resources to support sexual health
- Healthy sexual relationships
Characteristics of a Sexually Healthy Adult

• Expresses sexuality respectfully
• Esteems all genders and identities
• Identifies appropriate sexual behaviors
• Skills to communicate
Characteristics of a Sexually Healthy Adult

• Aware family, cultural, media and societal impact
• Accepts own sexual orientation & gender identity
• Respects sexual orientation & gender identity of others
Making the connection
Prevention!

What’s [sex] got to do with it?
How is this connection strengthening our work?

Sexual Assault Prevention + Sexuality Education = Sexual Health Promotion
Healthy sexuality framework

- Promotes positive social norms
- Challenges harmful messages
- Addresses attitudes, beliefs and behaviors
Healthy sexuality framework

- Identifies healthy and behaviors skills
- Promotes consent, communication and boundaries
- Encourages media and cultural literacy
- Inclusive of diverse identities and experiences
Healthy sexuality framework

- Supports overall sexual health and healing
- Strengthens lifelong healthy development
- Involves individuals, communities, and systems
SAAM Resource: Overview on healthy sexuality & sexual violence prevention
Healthy sexuality and young people
Healthy adolescent sexual development
Benefits of a Healthy Sexuality Framework

• Effective primary prevention approach.
• Teaches more than what not to do, teaches what healthy behavior looks like.
• Helps establish credibility with youth.
• A positive and empowering approach for both youth and adults.
• Create opportunities for collaboration and unified goals. More voices with a similar message.
Supporting Healthy Sexual Development

• Promote open communication.
• Model healthy boundaries & behavior.
• Encourage body rights.
• Provide age-appropriate information & resources.
• Promote a culture of engaged bystanders.
• Create safer environments overall.
Sexual Assault Awareness Month 2014
SAAM 2014
Healthy sexuality & young people
IT’S TIME ... TO TALK ABOUT IT!
SAAM & healthy sexuality

SAAM 2012

SAAM 2013

SAAM 2014
Campaign materials

- Healthy adolescent development resources
- Social media toolkit
- Event ideas for Sexual Assault Awareness Month
- Customizable SAAM proclamation*
- Youth proclamation
- Sample Letter to the Editor
- Spanish-language materials
- Campaign visuals and logos
April is Sexual Assault Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.
SAAM en Español

ES TIEMPO DE HABLAR...
Tu voz es nuestro futuro.
Prevengamos la violencia sexual.

www.nsvrc.org/es/saam
New SAAM Products
Activity: Healthy development timeline
SAAM Resource: Overview of healthy adolescent sexual development
Part 2: Healthy sexuality & young people

Sexual health promotion as sexual violence prevention
Healthy adolescent sexual development
What is adultism?
“...behaviors and attitudes based on the assumption that adults are better than young people, and entitled to act upon young people without their agreement.”

(Bell, 1995, p. 1)
Cycle

The oppression of young people is widely accepted and internalized.
Impact on sexual health
Impact of adultism

• Prevents youth-adult partnership
• Limits effective communication
• Discourages adults
• Discourages young people
• Leads to less effective programming
Adults can be allies
What is an adult ally?

• Works to eliminate adultism
• Responds to young people’s developmental needs
• Promotes strengths, confidence, and power of young people
Strategies to be an adult ally

1. Listen
2. Learn
3. Appreciate young people’s assets
4. Practice and promote respect
Strategies to be an adult ally

5. Be honest
6. Treat young people as equals
7. Evaluate policies and procedures
8. Provide resources
Strategies to be an adult ally

9. Allow room to grow
10. Interrupt adultism
11. Find other allies
12. Other strategies...?
SAAM
Resource:
Being an Adult Ally
Healthy Communication
Let’s talk about it!
Comfort level

- Helps to convey that sexuality is a natural and healthy part of life.
- Helps to make us “askable” educators, advocates & counselors.
- Helps others to feel more comfortable discussing sexuality.
Tips for talking about sex

• Don’t Panic.
  — Comfort is key.

• Don’t Lecture.
  — You’ll be tuned out. Instead create a dialogue.

• Be Honest and Accurate.
  — If you don’t know, say so.
Tips for talking about sex

• Clarify
  - What information do you want to share?
  - What is the person really asking?

Sounds like you want to know more about...
Tips for talking about sex

• Keep it simple.
  - Don’t give a more details than necessary. Important when communicating with children & adolescents.

For some people this means...
Tips for talking about sex

• Know your topic/facts.

• Consider preparing talking points.

• Practice internally.

• Provide healthy sexuality training for staff.
The formula

Model developed by
Catherine Dukes, PhD,
Vice President of
Education & Training,
Planned Parenthood
of Delaware
The formula

• Always start with....

“That’s a great question.”
The formula

• If the question is fact-based you can....

- Give them an answer.

Or reply

- “I don’t know, but I can find out.”
The formula

• If the question is value-based use....
  -For some....
  -For others....
  -For you....
Activity: It's time... to TALK about SEX!
Scenarios

A 16-year-old asks you “How do you know when you are ready to have sex?”
A 13-year-old says “When girls dress slutty it seems like they are looking to hook-up.”
A 14-year-old asks “Why are adults always so worried about us having sex, especially when adults all do it?”
Building healthy youth-adult partnerships
Positive partnerships

Young people and adults:

• Are equal partners

• Teach and learn from each other

• Share power, decision-making, and responsibility
Youth leadership

Young people:

• Contribute energy, expertise, innovation, and diverse skills.

• Are engaged as partners in decision-making at all levels of the program.
Positive ways to support young people
Supporting Healthy Sexuality

Adult allies:

• Understand that youth are capable of making good decisions
• Support youth in obtaining the information & skills they need
• Advocate for policies, funding & curriculum that support comprehensive sex ed
Supporting Healthy Sexuality

Adult allies:

• Avoid adultist language & assumptions in sex education

• Provide medically-accurate and non-judgmental information, resources & referrals
six core principles of youth development

(Pagliaro & Klindera, 2001)
1. Focus on assets, not problems
2. Address the REAL needs of young people.
3. Engage young people in developing programs.
4. Involve knowledgeable and committed adults.
5. Recognize the influences of young people’s environments.
6. Build community partnerships.
SAAM Resource: Best practices for engaging youth as partners
Activity: Hooking up with healthy sexuality
Resources

Planned Parenthood
NSVRC - National Sexual Violence Resource Center
Advocates for Youth
Answer
Trans Youth Family Allies
GLSEN – Gay, Lesbian and Straight Education Network
Office of Adolescent Health
Tools and curricula

Sex, etc.
Scarleteen
F.L.A.S.H. Curricula
100 Conversations
Our Whole Lives
Media Education Foundation
Scenarios USA
Action Plan: 7-7-7

What’s one step you can take moving forward?

• Next 7 days
• Next 7 weeks
• Next 7 months
Questions?

Planned Parenthood Keystone
Visit us at: www.plannedparenthood.org/keystone
Contact us at: education@planitpa.org