

Promoting Healthy Sexuality and Pregnancy Prevention with Children and Youth in Care

Facilitators

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*Please complete the Participant Pre-
training Confidence Assessment*





A Crucial Connection:

**Working Together to Address Teen Pregnancy
Among Youth in Foster Care**

Video

Introductions

- Name:
- Role and how long:
- One thought you have about the video, "A Crucial Connection"

Objectives & Outcomes

- Identify the steps of sexual development
- Provide developmentally appropriate information on sexual health, development and behavior
- Provide information on decision making, relationship choices and contraceptics as resources to delay or prevent teen pregnancy
- Demonstrate effective communication techniques to discuss sexual development and sexual health with children and youth in care
- Describe how parents' and workers' attitudes and values about sex effect their capacity to address developmental issues related to sexuality with children and youth in their care

Objectives & Outcomes (Cont'd)

- Identify behaviors and attitudes adults can role-model for children/youth in care to facilitate the development of healthy sexual values, attitudes and behaviors
- Provide a rationale and effective techniques for caregivers and case workers to use to educate child/youth about issues of sexuality, privacy, and individual rights related to sexuality including sexual orientation
- List and explain methods of contraception effective for pregnancy delay or prevention, and prevention of sexually transmitted infections (STIs)

Teamwork Agreements

Which ground rules are needed?

Agree/Disagree Ice Breaker Activity



5 Core Principles

- A collaboration of essential statements taken from the voices of foster youth nationwide.
- Primary objective is to **develop and maintain positive relationships** including those with direct service providers and care givers.



5 Core Principles

1. Children/Youth-in-care have a deep desire to have positive relationships with direct service providers and care givers.
2. Children/Youth-in-care need to have open and honest conversations with direct service providers and care givers about all their prevention options.
3. Children/Youth-in-care need direct service providers and care givers to set aside personal bias in order to objectively and effectively assist them with making the best decision regarding relationships and safe sex behaviors.

5 Core Principles

4. Children/Youth-in-care need support and guidance from direct service providers and care givers as they strive to make the best decision toward healthy living.
5. Children/Youth-in care need appropriate resources that will assist them with making the best decision.

Getting the Facts

Did You Know?
True/False Quiz

Break Time!



Sex Bingo Game



Sexual Facts, Myths, and Values

- **Fact** – correct true data about a subject
 - *Ex. Sexual intercourse between men and women can lead to conception.*
- **Myth** – incorrect information that is believed to be true or is presented as fact
 - *Ex. You cannot get pregnant if you have sex standing up.*
- **Values** – beliefs and attitudes which individuals hold to be important (might not be factual).
 - *Ex. Men and women should not engage in intercourse until they are married.*

Where Do You Stand?

- Review the handout
- Read each statement and mark the place along the continuum where you stand on this issue.
 - Mark between Strongly Agree and Strongly Disagree

What is Healthy Sexuality?

- Healthy Sexuality starts at an early age being knowledgeable of the connections between mental, physical and emotional well being. Sexuality is a continuum of awareness uncovering the social misconceptions and accepting oneself.

In the process of understanding sexuality, one gains confidence when learning about choices and current resources.

Under Your Hat



Sexual Development Activity

“Healthy Sexual Behavior” Virtual Training Resource

The screenshot shows a web browser window displaying the Illinois Department of Children and Family Services Virtual Training Center website. The browser's address bar shows the URL <https://www.dcfstraining.org/vtc/home/home.action>. The website header features the Illinois State Seal and the text "DCFS VIRTUAL TRAINING CENTER Illinois Department of Children and Family Services". A red navigation bar contains the following menu items: HOME, FOSTER PARENTS, PUBLIC CONTENT, and STAFF. A search bar is located on the right side of the navigation bar.

The main content area displays a featured article titled "FAQ'S - Virtual Training Center" dated 05/09/2011. The article includes the text: "Questions about using the VTC? Click on link below for answers to the most frequently asked questions." and a link labeled "FAQ'S.doc". Below the article, there is a "FULL ANNOUNCEMENT..." link and a "VIEW ALL" button with a red box containing the number "1" and buttons for "2" and "3".

On the right side of the page, there is a "VTC Secure Login" section with a "Login" label, a text input field, a "Password" label, another text input field, and a red "Login" button. Below the login fields, there is a link that says "Can't access your account?".

The Windows taskbar at the bottom shows the Start button and several open applications: "Inbox - Micro...", "Windows Me...", "Sexual Health", "Bingo - Googl...", "Healthy Sex...", "D-Net Home ...", and "Illinois Dep...". The system tray on the right shows a "Trusted sites" icon, a volume icon, a network icon, a "100%" battery indicator, and the time "8:48 AM".

Responding to Questions of Preadolescents and Adolescents

Humorous scenario which sheds
light on how they tend to pursue
sexual decisions

Communicating About Sexuality

Techniques for Educating Children
about Sexuality

Communicating About Sexuality

Knowing the “Language” of
Today’s Youth

Example: Trey Songz – “Dive In”

“New Jargon” Activity

- Hold the card facing you
- Exchange your card with a classmate
 - Read the word on the new card aloud
- Determine (guess) what the sexual jargon means

Communicating About Sexuality

- The S.A.F.E. Way of Communicating
 - Stay Patient
 - Accept the Situation
 - Focus on Next Steps
 - Express Care
- “I Can, I Will, I Must do this” technique

Door Openers

- Talk Early, Talk Often
 - *"That's a good question."*
 - *"Tell me more..."*
 - *"Go on..."*
 - *"What do you think?"*
 - *"I know where to get more info about that."*
 - *"Can you tell me what that means to you?"*
 - *"That's interesting."*
 - *"Really?"*

Teachable Moments

- *“That ad shows guys drinking and girls in very short skirts. What do you think they are trying to sell us?”*
- *“Wow, I just listened to the words of that song and they seem pretty violent. What do your friends say about songs like that?”*

Next Steps for Session 2

- Practice the S.A.F.E. Formula
- Feedback and Questions

Wrap Up

- Hand outs & Participant Feedback
- Post Evaluation
- Contact Information
- See you for the 2nd Session
- *Thank you!*