

Resiliency Informed Sexual Health and Wellness Lesson Package

An Adult/Peer-to-Peer Education Approach to
Comprehensive Sexual Health Education in Alaska



Correlated to KPBSD, CDC, and FOSE National
Sexuality Education Standards and Skills

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Developed and Compiled by the
Homer Peer Education Team of
Kachemak Bay Family Planning Clinic's R.E.C. Room
Spring 2016

*The R.E.C. Room (youth Resource and Enrichment Co-op) mission is to
facilitate healthy relationships, health education and
healthy choices for youth in and around Homer.*

Acknowledgements

The Resiliency Informed Sexual Health and Wellness Lesson Package was developed by the Kachemak Bay Family Planning Clinic's R.E.C. Room and its Youth Health Education and Program Manager Anna Meredith B.A., Peer Coordinator Doug Koester B.S., and Peer Educators: Lilli Johnson, Shenandoah Lush and Zane Boyer. Currently on staff are Anna Meredith, Peer Coordinator Connor Schmidt and Peer Educators: Chloe Pleznac, Parker Gibson, Lia Jacobsen.

This Lesson Package is for use by peer educators and peer facilitators working with youth in Alaska who are committed to reducing unintended teen pregnancies and promoting healthy life choices. We feel that young people can be trusted with the information needed to reduce their health risks.

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Much gratitude is extended to our co-workers at Kachemak Bay Family Planning Clinic. Thank you for always being there for our team. Special thanks to Rose Wohlgemuth, Clinic Assistant, who has developed and co-facilitated the contraception lessons with our Peer Education team.

The Peer Educators received over a hundred hours of training which include but is not limited to: Leadership skills, Public speaking, Presentation and small group facilitation skills, Classroom management and facilitation skills, Resilience and Adverse Childhood Experiences Education, Question Persuade Respond/Gatekeeper Suicide Prevention, Green Dot Violence Prevention, Human Subjects Research: Collaborative Institutional Training Initiative, Trauma Informed Care and Stewardship, Human Trafficking in Alaska, Adolescent Brain Development, Substance Abuse and Dating Violence Prevention, Mandatory Reporting, Positive Youth Development, Peer to Peer Education, Sexual Anatomy and Contraception, Sexually Transmitted Infections (STIs) Myth and Facts, Gender Norms, Circle of Sexuality, Best Practices in Communication, Alaska Native Cultural Competency, Energizers, Debriefing, and Icebreakers, Healthy Relationships, Assessing Community Resources, Self-Care and Stress Management,

Technology, and Bullying Prevention and Awareness, LGBTQ inclusivity and support, Youth Mental Health First Aid, Green Dot Violence Prevention, Capacitar Healing Skills

Welcome to Resiliency Informed Sexual Health and Wellness Lesson Package!

Thank you for reviewing the Resiliency Informed Sexual Health and Wellness Lesson Package. We know that providing instruction about healthy relationships, growth and development, sexuality and resiliency can be challenging. We have embraced this challenge and have devoted ourselves to making lesson plans that are relatable and practical for young people to understand and grow with as well as accessible for facilitators to implement. The intention of this lesson package is to provide young people with the skills necessary to assess risk and make safe and healthy choices. The goal of the professional and effective facilitation of this lesson package is to reduce the incidence of unintended teen pregnancies and STIs, while developing the communication skills necessary for healthy consensual relationships.

We believe that students need more than meaningful and quality information delivered in a way that allows them to learn. Research shows they also need committed, supportive adults around them to help make them make choices that maintains their personal and family's values as well as protects their physical, emotional, mental and spiritual well being. This Lesson Package purposely provides the opportunities for open, honest and straightforward communication between the students and their parents/guardians or safe adults. Research shows that open communication with at least one safe adult can help young people make responsible and healthy choices when faced with decisions pertaining to sexual behavior and other important issues.

It is important for us to state that we do not teach a system of values and morals concerning sex and sexuality. We feel that those important lessons should come from the parents and safe adults in the lives of the students. Comprehensive Sexual Health Education serves to support the parent/guardians in providing evidence based information. Family rules come first.

The one value that we do require is respect for self and others. We manage our classroom in a way that ensures a safe place for everyone. All students' personal views and values are respected and honored unless people speak about others in a discriminatory or demeaning way.

Historically, teaching Sexual Health has probably never been easy. In today's world there is such an intense spotlight on issues related to sex and sexuality. This is making the task of education more challenging than ever. In addition, there are many more complexities concerning sexual health than ever before. Sexting, easy access to pornography, and social media are just some of the new and potentially difficult issues teens face in today's world.

Due to the ever-changing digital and social environments young people are faced with today is why we have chosen to create an evidenced-informed lesson package rather than evidence-based curriculum. An evidence-informed approach allows us to stay true to scientific theories and principles while giving us the flexibility to make it successful amongst diverse populations of

students and issues. For example there is not a lot of scientific research concerning the effects of pornography on young people. However, there is enough concern among professionals to warrant mentioning its possible addictive and harmful effects. If the conversation strays too far outside of evidence-based discussion from the students we redirect the flow of conversation back to evidence-based statistics and medically accurate information- which is what we, as the facilitators, are there to provide.

This lesson package is also informed by many years of experience and local research. From 2011-2015, our Peer Education team was supported by and participated in the Alaska Promoting Health Among Teens grant research project from the State of Alaska, Division of Public Health. This program operated with a peer-to-peer education model and existed in four communities around Alaska. This peer education model informed and influenced this Lesson Package by enabling young people who are professionally trained peer health educators to assist in the development process. This ensures that the language is youth-relevant and applicable. This Lesson Package combines teaching the skills of decision-making, self regulation, assertive communication, and reproductive life planning.

This lesson package is informed by the following evidence-based curricula and resources: *Alaska Promoting Health Among Teens!* Pub. Select Media, Inc., *The Fourth R: Healthy Relationships Plus* Pub David A. Wolfe, PH.D., *The Mind Up Curriculum* Pub Scholastic Inc., *Reaching Teens* Pub. American Academy of Pediatrics, *F.L.A.S.H.* King County Family Planning Program, *Supporting LGBTQ Youth* Pub. ETR Associates, *Guiding Adolescents to Use Healthy Strategies to Manage Stress* Pub. American Academy of Pediatrics, *Advocates For Youth: A Lesson Plan from Life Planning Education: A Youth Development Program.*

The 12 lessons in this Lesson Package are designed to be co-facilitated with one adult educator and at least one peer educator. There is always a certified teacher present in the classroom we have been invited into and we encourage other teachers, nurses and administration to come and observe or participate. The more safe and trusted adults in a student's life that they can discuss these topics with, the better.

The following is a condensed version of our scripted 12-day Lesson Package. All supplemental materials are included in this condensed version of the Lesson Package or are available in hard copy at the District office at 148 N. Binkley St., Soldotna.

Please feel free to speak with us if you have any questions or would like more information.

Kindly,

The Homer Peer Education Team
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 Welcome to the R.E.C. Room!
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