



S.H.A.P.E. II Course Overview

Sharing Healthy Adolescent & Parent Experiences
Parent – Child (13-16 Years)

SESSION ONE – INTRODUCTION TO COURSE/ A LOOK AT OUR BODIES

Class starts with icebreaker games and introductions, followed by a discussion of sex and sexuality including “how to” communication with parents and potential partners. The purpose of this section is to introduce the youth to their bodies so they have a basic understanding of how it all works. Either male or female anatomy and physiology is discussed this night and the remainder on the subsequent night. This is necessary in order to build the basic framework of knowledge for subsequent classes to build on. Cancer prevention methods are discussed, including pelvic and pap smear procedures, breast self-examinations (girls class), and testicular cancer self examinations (boys class) Co-ed classes discuss both topics.

SESSION TWO – A LOOK AT OUR BODIES/ CONCEPTION & PREGNANCY/ BIRTH CONTROL & PROTECTION

This session is designed to promote discussion about possible consequences to sexual activity, such as unintended pregnancy and disease. Class begins with the continuation of anatomy and physiology. This is followed with a lesson on the stages of pregnancy, conception, and birth, aided by a 10 minute child birth video which will be briefly discussed. From there, various activities are used to promote discussion regarding common myths surrounding pregnancy, pregnancy prevention, and birth control. Abstinence is emphasized as the only 100% effective method of prevention, however, contraception is discussed as well. Birth control methods discussed include: barrier, hormonal, surgical, and methods based on information. The advantages, disadvantages, effectiveness, and side effects are included regarding each method.

SESSION THREE – SEXUALLY TRANSMITTED INFECTIONS AND DISEASES

This session covers the dangers and realities of sexually transmitted infections (STI's) and sexually transmitted diseases (STD's), including HIV/AIDS. Signs and symptoms, treatment, testing options, and prevention methods are discussed for the most common ones. Some visuals are used as well as activities to reinforce how easily diseases can be transmitted. The difference between curable and incurable diseases, as well as abstinence and proper condom use are emphasized.

SESSION FOUR – HEALTHY RELATIONSHIPS AND SKILL BUILDING

This session touches on the emotional and commitment aspects of sexual activity. Self esteem issues, as well as other sexual health problems/topics are discussed. The class participates with role play activities that provide practical refusal and negotiation skills regarding sexual activity. Other activities may be used this night to reinforce key concepts and review the content of the course.

For more information, please contact:
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