



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

Sharing Healthy Adolescent & Parent Experiences
Parent – Child (9-12 Years)

SESSION ONE – PARENT PREVIEW

This session is for PARENTS ONLY and is a chance for parents to preview the SHAPE curriculum, meet the instructor, and ask any questions they may have about the course. This is also the opportunity to discuss the challenges in addressing the topic of sexuality with children and allows time to practice ways to approach the topic in the future. Some of the activities include a discussion on “teachable moments” and how to be an “askable parent.” Session concludes with a DVD regarding Rights, Responsibility, and Respect for teens.

SESSION TWO – A LOOK AT OUR BODIES

This is the first session that parents and their child(ren) attend together. Class starts out with icebreaker games and introductions. Both male and female anatomy and physiology are discussed to build the basic framework of knowledge for subsequent classes to build on. The session concludes with an activity that gives the parents and child the opportunity to see how well they really know each other and to share some unique and fun information about themselves. This helps each to learn more about each other, as well as helping to further open the lines of communication.

SESSION THREE – BODY CHANGES DURING PUBERTY

This session focuses on the physical and emotional changes during puberty. A 30-minute puberty video is viewed followed with discussion. The instructor discusses puberty, hygiene, emotional changes, and the menstrual cycle. Girl’s classes go more in-depth about feminine hygiene products; where as boys’ classes discuss wet dreams/erections in more detail. Class concludes with a game that reviews and reinforces the information presented in the session.

SESSION FOUR – REPRODUCTION, PREGNANCY & CHILDBIRTH

Pregnancy and conception, as well as disease transmission, HIV and AIDS are discussed; including ways that AIDS is spread and not spread. A game is played to help better communicate the concept of body fluid exchange. The stages of pregnancy, conception, and birth are presented, along with a 10-minute video on childbirth, followed by a brief discussion. Both abstinence and birth control are touched upon, relating that abstinence is the only 100% effective method for pregnancy prevention. The class concludes with the distribution of “egg babies” affording the kids the opportunity to learn some of the responsibilities involved in being a parent.

SESSION FIVE – HEALTHY RELATIONSHIPS AND SKILL BUILDING

The egg babies and journals are brought to class and everyone is encouraged to discuss their experience being a parent for the past week. Consequences of becoming a parent too early (i.e. teenage pregnancy) are also discussed. Balancing a relationship in regard to emotions, commitment, and physical activity, and how all three components of a relationship come together is addressed in a powerful activity; and peer pressure, self esteem and body image/media influence is also briefly addressed. The session concludes with a post-test.

For more information, please contact:
Renee Martinez, Assistant Director-Teen & Family Programs
(714) 547-5200, Ext. 42
Email- renee@campfireusaoc.org