

SEXUAL HEALTH EDUCATION: GRADES 9-12

Youth Services of Glenview/Northbrook professional staff and trained volunteers facilitate comprehensive, shame-free sexuality education workshops in elementary, middle, and high schools as well as youth-serving organizations. Workshops provide interactive, age-appropriate learning for grades 5-12 covering a variety of topics including reproductive and sexual health, healthy relationships, and sexual & gender identities. Youth Services staff also provide workshops for adults, including parents, offering best practices for supporting youth development.

To schedule a workshop for youth, you can fill out our online form located at: bit.ly/youthworkshoprequest. Accommodating your schedule and student needs is our highest priority. While we do charge at-cost fees for our workshops, we use a sliding scale to ensure our workshops are accessible to everyone. If you have questions or do not see what you are looking for, please reach out to us at 847.724.2620 or Lizzy.Appleby@ysgn.org.

SEXUAL HEALTH

Sexually Transmitted Infections (STIs) Grades 9-12

This workshop covers bacterial, viral, and parasitic STIs, including transmission, testing, treatment, and prevention. Students evaluate STI risk of sexual behaviors and strategies to reduce risk, including testing, barrier methods, and abstinence. Students also practice communicating sexual health decisions with a partner.

Birth Control / Grades 9-12

This workshop covers methods of contraception, including abstinence and barrier & hormonal methods. It also includes information on the biology of how pregnancy occurs and pregnancy risk. Students consider factors in determining which contraceptive method to use.

Sexual Health Decision Making Grades 9-12

This comprehensive workshop covers consent, STIs, birth control, and responsible decision-making. Using student-generated scenarios and role play, participants explore sexual health risks and strategies to reduce risk, including a focus on communicating personal boundaries with partners.

SEXUAL & GENDER IDENTITIES

LGBTQ+ Identities and Allyship / Grades 9-12

Facilitated by Pride Youth Leaders in partnership with Youth Services' staff, this program covers sexual and gender identities and allyship. Youth Leaders share their own stories, shedding light on issues faced by LGBTQ+ youth in schools and in society.

SOMETHING ELSE?

If you have a sexuality education topic you'd like us to address that isn't listed here, our staff team would love to work with you. Reach out to Lizzy Appleby, Youth Program Manager, at Lizzy.Appleby@ysgn.org for more information.

HEALTHY RELATIONSHIPS

Communicating Boundaries & Consent Grades 9-12

This interactive workshop explores defining and communicating personal boundaries with potential sexual or romantic partners. After brainstorming strategies for effective communication, students will discuss different kinds of boundaries and define consent. Finally, students are given an opportunity to practice communicating about sexual health decisions through role play.

Sexual Assault: Bystander Intervention & Survivor Support Grades 9-12

This workshop begins with educating students about positive communication and what they can do to stop rape. After exploring consent, students watch a short video about a possible sexual assault and brainstorm strategies for intervention. At the end, participants learn how to help a friend who has been assaulted.

WORKSHOPS FOR ADULTS

Youth Services offers workshops for adults, including **Adult Allies: Supporting LGBTQ+ Youth**, which covers gender and sexual identities and how to support sexual and gender minority youth, and **"The Talk: How to Communicate with Youth About Sex & Relationships"**, which covers youth sexual development and how to support youth through healthy development into adulthood. These workshops are designed both for professionals as well as parent groups. To schedule a workshop for adults, you can fill out our online form located at: bit.ly/AnglesAdultWorkshopRequest

SEXUAL HEALTH EDUCATION: GRADES 5-8

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To schedule a workshop for youth, you can fill out our online form located at: bit.ly/youthworkshoprequest. Accommodating your schedule and student needs is our highest priority. While we do charge at-cost fees for our workshops, we use a sliding scale to ensure our workshops are accessible to everyone. If you have questions or do not see what you are looking for, please reach out to us at 847.724.2620 or Lizzy.Appleby@ysgn.org.

SEXUAL HEALTH

Puberty / Grades 5-6

This series of workshops, given over 3 class sessions, covers the physical, social, and emotional changes of puberty and strategies to manage them. We recommend combining with the Human Reproduction workshop.

Human Reproduction / Grades 5-6

Covering human reproduction, pregnancy, and birth, this workshop includes a review of pelvic anatomy and an opportunity to identify supportive adults during puberty.

Birth Control / Grades 7-8

This workshop covers methods of contraception, including abstinence and barrier & hormonal methods. It also covers the biology of how pregnancy occurs and students brainstorm factors to consider before engaging in sexual behaviors.

STIs: Reducing Your Risk / Grades 7-8

This workshop covers how STIs are spread and focuses on three strategies that people can use to reduce their risk: abstinence, barrier methods, and regular testing and treatment. Students brainstorm challenges for each method and strategies for overcoming those barriers.

STIs: Infections Overview / Grades 7-8

Designed as a supplement to "Reducing Your Risk," this workshop details the different types of STIs, including viral, bacterial, and parasitic infections. Students learn about symptoms and effects, prevalence, testing, and treatment.

SEXUAL & GENDER IDENTITIES

LGBTQ+ Identities and Allyship / Grades 6-8

Facilitated by Pride Youth Leaders in partnership with Youth Services' staff, this program covers sexual and gender identities and allyship. Youth Leaders share their own stories, shedding light on issues faced by LGBTQ+ youth in schools and in society. This workshop can also be given in 2 class sessions, focusing on sexual identity on day one, and gender identity on day two.

HEALTHY RELATIONSHIPS

These workshops fulfill the requirements of Erin's Law

Boundary Setting & Respect / Grade 6

This workshop introduces boundaries in relationships, particularly friendships. Students learn to identify and communicate their boundaries, and to respect others' boundaries, through interactive scenarios.

Sexual Harassment vs. Flirting / Grade 7

Through scenario and discussion, students learn to differentiate sexual harassment from flirting, and practice setting, enforcing, and respecting boundaries related to early romantic touch and conversation.

The "C" Word: Consent / Grade 8

This workshop introduces consent for sexual behaviors, including kissing and touch. Through games and age-appropriate scenarios, students learn that consent must be an informed, enthusiastic "yes."

Internet Safety / Grades 7-8

This workshop explores the pros and cons of digital communication within all types of relationships. Students discuss strategies for staying safe on social media, and create a plan to maintain their boundaries.

WORKSHOPS FOR ADULTS

Youth Services also offers workshops for adults, including **Adult Allies: Supporting LGBTQ+ Youth**, which covers gender and sexual identities and how to support sexual and gender minority youth, and **"The Talk: How to Communicate with Youth About Sex & Relationships"**, which focuses on how to support youth sexual development. These workshops are designed for professionals as well as parent groups. Youth Services staff can also facilitate a **Puberty Parent Night** or **Sex Ed Parent Night** for adult family members of students in our workshops. To schedule a workshop for adults, you can fill out our online form located at: bit.ly/adultworkshoprequest