How to Throw a Pizza Protection Party

Group Agreements

About RHAP

We are a sexual and reproductive health program partnered with El Rio Health that increases access to quality and confidential SRH services and education to youth ages 14-24.

- Free/Low-cost services at teen clinics
  - Birth control
  - STI testing/treatment
  - Pregnancy testing/counseling
  - PrEP and PEP
- Affirming Wardrobe
- Period Mailing Project
- Peer Sexuality Education
  - Teen Clinics
  - Pizza Protection Parties

Mission

Our mission is to empower young people by providing the information, services, and support they need to make informed decisions about their sexual and reproductive health.
Role of Peer Educators

- Increase comfort to connect with youth
- Build trust
- Empower others and themselves to take on leadership roles in their communities
- Change the way our generation navigates sexuality and health
- Allow young people to create an impact and raise awareness of issues that effect their lives

How to be a Youth leader/Peer educator

01. Be knowledgable
02. Value Inclusivity
03. Use Trauma-Informed Practices
04. Empower Others

How to make it less awkward!

01. Say the REAL names of Body Parts
02. Know How to Answer Questions and when to not answer them
03. Facilitation Techniques

Content Acknowledgement:
drawings of genitals
Anatomy: Sexual Systems

1. Uterus
2. Fallopian tube
3. Ovary

SAY REAL NAMES OF BODY PARTS

Uterus
Vulva
Anatomy: Sexual Systems

SAY REAL NAMES OF BODY PARTS

1. Uterus
2. Ovary
3. Fallopian tube
4. Cervix
5. Vagina
6. Vulva

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1. Uterus
2. Ovary
3. Fallopian tube
4. Cervix
5. Vagina
6. Vulva

1. Urethra
2. Labia Minora
3. Vulva
4. Vagina
5. Uterus
6. Ovary

1. Urethra
2. Labia Minora
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SAY REAL NAMES OF BODY PARTS

1. Uterus
2. Ovary
3. Fallopian tube
4. Cervix
5. Vagina
6. Urethra
7. Labia Minora
8. Labia Majora
9. Clitoris
10. Vaginal opening
11. Anus
Anatomy: Sexual Systems

SAY REAL NAMES OF BODY PARTS

Epididymis
Scrotum
Testicle

Vas Deferens
Seminal Vesicle
Urethra

6/23/23
Anatomy: Sexual Systems

SAY REAL NAMES OF BODY PARTS

Penis
Urethra
Scrotum
Testicle

Epididymis
Seminal Vesicle
Vas Deferens

Prostate Gland
Bladder

Variations

Penis

Foreskin variations
Men with foreskin
Men without foreskin
How to make it less awkward!

01. Say the REAL names of Body Parts
02. Know How to Answer Questions and when to not answer them
03. Facilitation Techniques

How to Answer Questions
Types of Questions:
• Factual Questions
• Am I Normal
• Personal Belief or Experience Questions
• Values-Based Questions
• Slang Word Questions

How to Answer Questions
Types of Questions:
• Factual Questions
• Have answers you can find using a reliable source (textbook, sexual health website, etc.)
• Use your judgement about how much detail to provide

What's a clitoris for?
How to Answer Questions

Types of Questions:

2. Am I Normal
   • Curious especially compared to their peers
   • Want to be affirmed
   • Share range of what’s typical

3. Personal Belief or Experience Questions
   • Want guidance from trusted adult
   • Best to answer generally not with personal experience or advice
   • Be careful about disclosing personal information

How often is it normal to masturbate?

When do you think is the right age to have sex?
How to Answer Questions

Types of Questions:

4. Values-Based Questions
   • Some people feel/believe this...
   • While other people feel/believe this...
   • You need to decide what you feel/believe and it can help to talk with a trusted adult

Is masturbation wrong?

Types of Questions:

5. Slang Word Questions
   • Can feel like shock questions
   • Often just trying to understand
   • Helps to define as slang and replace with medically accurate term

Is it true that someone’s hoohaw gets loose after having sex with a ton of guys?
How to Answer Questions

**TIPS**

- Stall
- Clarify context
- Check your understanding
- Turn back to person asking
- Refer to someone more appropriate
- Check with supervisor as needed
- Follow up as appropriate

How to Answer Questions

**TIPS**

- Breathe
- Be truthful
- Don’t try to be cool
- Pay attention to the “music”
- Opportunity to model comfort... or not
- It’s ok not to know the answer. Find out.
- Keep a sense of humor and some perspective

Where to Find Reliable Info

**Advocates for Youth 3Rs Curriculum**

- 80 lesson plans for grades K-8
- Fully meets National Sexuality Education Standards
- Medically accurate, LGBTQ+ inclusive, culturally responsive
- Advocates provides 3Rs trainings
- Free

**3Rs Search Tool**

AMAZE.org

**Where to Find reliable info**

- Provides adolescents and young adults with medically accurate, age-appropriate, honest information they need to develop into sexually healthy adults
- Worldwide and free
Puberty: What is Doctor Confidentiality?

Emergency Contraception?

What is Transgender?

HIV and Health Disparities

Talking with Your Parents about Sex

STI and STD Stigma

And many more!

How to make it less awkward!

01. Say the REAL names of Body Parts

02. Know How to Answer Questions and when to not answer them

03. Facilitation Techniques

Facilitation Techniques

Be sure everybody can hear you!

Guide conversation - structured flexibility

Never have your back toward someone

Assume good intention

Welcome!

Intro to Sex Ed Basics

Karen Torres and Cassandra Smith

Mock Pizza Protection Party
Birth control gives you the power to decide when or if you want to have a baby. Starting birth control lets you decide when you are ready to be a parent and when it’s the right time for you.
There are a lot of different kinds of birth control. If you try one and don’t like it, you can always switch to another method.

Methods of birth control are very safe for almost all people who use them.
Most birth control methods are completely reversible. This means that when someone stops using one, they will be able to become pregnant.

Starting a method as a young person will not make it harder for someone to have a baby later in life.
It’s okay to try a method of birth control and decide to switch to a different one.

Long-Acting Methods

• Last for 3-12 years depending on the kind
• “Get it And Forget It” Methods
• Inserted and removed by a provider
• >99.9% effective
• Some contain hormones, some don’t

Birth Control Methods

- IUD
- Nexplanon
**Birth Control Methods**

- Hormonal birth control that need to be remembered to use daily, weekly, or monthly depending on the kind.
- Can be stopped at anytime without seeing a provider.

**Short-Acting Methods**
- The Pill
- The Ring
- The Patch
- The Shot

**Other Methods**
- External and Internal Condoms
- Emergency Contraception
- Withdrawal

**STIs (Sexually Transmitted Infections)**

- Hormonal birth control does not protect against STIs.
- Two ways to prevent STIs are abstinence and barrier methods.
- STIs are transmitted through all kinds of sex, including vaginal, anal and oral sex.
- Some STIs can be cured with medication, but others can’t.
- We recommend getting STI testing every time someone has sex with a new partner, that way both people know their STI status.

**STIs (Sexually Transmitted Infections)**

- The most common STIs that teens get are gonorrhea and chlamydia.
- Most STIs do not have symptoms, and can be harder to detect in the vagina. The only way to know you have an STI is to get tested.
- STIs like gonorrhea or chlamydia are treated with an antibiotic.
  It is important for partners to also get tested and treated before having sex again.
- PrEP and PEP are medications that can protect you against HIV.
  PrEP is taken before unprotected sex, and PEP is taken after.
How to use condoms and how to talk about them

Do you have a condom?

I only feel comfortable having sex if we use a condom

Spectrum of Relationships

All relationships exist on this spectrum and can move within it.

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<th>UNHEALTHY</th>
<th>ABUSIVE</th>
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It is important to be aware of, and discuss power dynamics in our relationships and to be aware of possible manipulation.

You have the right to leave a relationship at any point!

Communication

- Important in all relationships, but especially in sexual and intimate relationships
- Communication can be verbal or nonverbal
- Important to communicate before, during, and after a sexual encounter

Boundaries

- Be clear about your boundaries
- Respect others boundaries
- Always ask for consent
Consent

Freely given:
Cannot be coerced or forced

Reversible:
You can always take back consent AT ANY TIME

Informed:
People have to know and understand what/who they are consenting to

Engaged:
Need to want to do it

Specific:
Just because you consent to one thing DOES NOT mean you’re consenting to everything

Gender Identity and Sexual Orientation

Biological Sex
- The body parts, chromosomes and hormones that we are born with.
- Assigned female/male at birth

Gender Identity
- How you see yourself.
- Cisgender, transgender, nonbinary
- Never assume someone’s gender identity!
- Ask for people’s pronouns!

Sexual Orientation
- the gender or genders of the people to whom we are attracted, both physically and romantically.
- Heterosexual, lesbian, bisexual, gay, asexual, and more!

Questions?

It’s time for... Kahoot!

Go to kahoot.it on your phone and enter the game pin we provide!
Contact us!

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Link to more Resources and guides on how to throw a Pizza Protection Party