

We Educate.

Comprehensive Reproductive Education

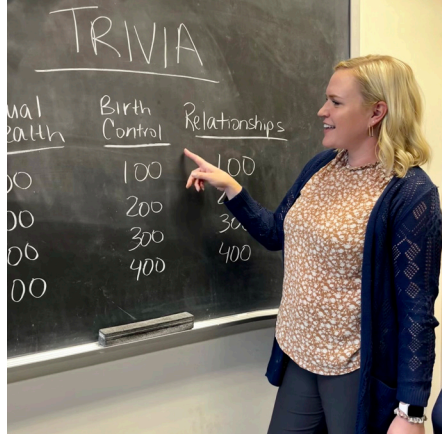
Education Guide



Let's TALK

615 Oak Street | Brainerd, MN 56401

we
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Advocates for Reproductive Education (WeARE) is a 501c3 non-profit organization established in 2015 to meet an unmet demand for reproductive education and health care services in the Brainerd area.

Our mission is to promote and provide comprehensive reproductive education and healthcare services for youth and young adults and other vulnerable populations in Brainerd, MN and the surrounding community.

Let's Talk education programming is based in topic areas including: birth control, sexually transmitted infections (STIs), reproductive anatomy, consent, healthy relationships, parent workshops and gender 101. *Let's Talk* educators are trained facilitators, giving diverse options for activities, lesson plans and content when providing outreach education in the community to meet our commitment to provide medically accurate, evidence-based information to youth and young adults.

All of the courses listed are 45-60 minutes, unless otherwise specified. We offer both youth and adult classes.

Accessibility is a core value. We suggest a \$50 donation per class.

YOUTH COURSES:

1

Healthy Relationships

By the end of this lesson, participants will understand:

- The spectrum of healthy, unhealthy, and abusive relationship qualities
- How to differentiate between a healthy, unhealthy, and abusive scenario
- The warning signs of an abusive relationship

2

Consent

By the end of this lesson, participants will understand:

- The components of sexual consent
- How to give and receive consent
- The situations in which partners should stop, pause and talk, or keep communicating about sex

3

Consent/Healthy Relationships Combo

This is a combined class from lessons on consent and healthy relationships.

4

Gender Identity/Sexuality

By the end of this lesson, participants will understand:

- The differences between four contributing factors to individual 'identity': biological sex, gender identity, gender expression, and sexual orientation
- Ways that the LGBTQ+ community might be stereotyped, excluded, discriminated against, and/or harmed in society
- Ways to be an 'ally', or support people in the LGBTQ+ community



YOUTH COURSES:

5

Reproductive Anatomy

This class is suggested to be 120 minutes, or two 60 minute sessions, allowing time for both lecture and activity. By the end of this lesson, participants will understand:

- Anatomical structures of people with uteruses and people with penises
- Basic physiological processes of menstruation, fertilization, and pregnancy

6

Sexually Transmitted Infections/Diseases (STI's/STD's)

By the end of this lesson, participants will understand:

- Differences between curable and treatable sexually transmitted infections
- Causes, symptoms, long-term effects, and testing modalities of chlamydia, gonorrhea, syphilis, trichomoniasis, HPV, herpes, HIV, and hepatitis B
- Strategies to prevent STI transmission

7

Birth Control

By the end of this lesson, participants will understand:

- Common birth control methods
- The approximate effectiveness of common birth control methods
- How to access all birth control methods



8

Coercion & Consent

By the end of this lesson, participants will be able to:

- Define sexual consent and explain its implications for sexual decision making
- Analyze techniques that are used to coerce or pressure someone to have sex
- Explain why it is an individual's responsibility to verify that all sexual contact is consensual
- Explain why it is wrong to trick, threaten, or coerce another person into having sex

9

Improving School Health

By the end of this lesson, participants will be able to:

- Encourage the school environment to promote the health of others
- Persuade and support others to avoid or reduce risky sexual behaviors
- Use peer and societal norms to formulate health enhancing messages about avoiding or reducing risky sexual behaviors

10

Undoing Gender Stereotypes

By the end of this lesson, participants will be able to:

- Analyze the influence of friends, family, media, society and culture on the expression of gender
- Analyze how peer and perceptions of norms influence healthy and unhealthy behaviors and relationships
- Name at least one way in which gender stereotypes may limit one's ability to make healthy decisions

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Theater Programming

WeARE collaborates with theater companies to bring theater and activities into the classroom. Sessions promote social and emotional learning, development of self advocacy skills and provide age appropriate sexual health education.

This program is typically geared towards 8th and 9th graders. Programming is flexible. For more information please email: chloe.wearebrainerd@gmail.com

PARENT/GUARDIAN COURSES:

1

Preventing Sexual Violence in Children - Adult/Parent Class

Class time 40-50 minutes. Available for all adults and/or parents. Focus for parents/adults with children age 0-5.

By the end of this lesson, participants will understand:

- Normal sexual development in children age 0-5
- Several ways to prevent sexual violence in children age 0-5
- Risk factors associated with sexual violence in children age 0-5

2

Let's Talk...to Our Kids!

Early conversations about sexual health send the message that sexuality is a healthy part of life. By the end of this lesson, parents will be able to:

- Use effective communication with your child about sexual health focusing on medically accurate information
- Understand phases of sexual development (including specific behaviors and what age to expect them), and how to manage them while teaching children about sexual health for the very first time





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