

Resources for skill-based instruction on accessing school-based and community-based Sexual Health Services (SHS) in Sexual Health Education (SHE)

As part of the required activities within sexual health services (SHS), LEAs are tasked with annually incorporating skill-based instruction to students on accessing school-based and community-based SHS into sexual health education (SHE) lessons which target and improve students' knowledge, skills, and abilities to access appropriate SHS. To support LEAs in completing this task, Advocates for Youth has identified a list of free and fee associated lesson plans useful for teaching students how to access SHS. While lesson plans and materials come from a variety of sources, please note that this list is not comprehensive in scope and other materials may exist.

Free Lesson Plans:

Advocates for Youth Rights, Respect, Responsibility (3Rs) (also available in Spanish):

Middle School Lesson:

- Being a Sex Ed Sleuth

High School Lessons:

- HIV Testing and Treatment
- Getting Savvy about STD Testing

Key Consideration: Make sure your sexual health education scope and sequence document(s) explicitly includes the health services skills and outcomes you want students to know and be able to demonstrate after completing any skill-building instruction!

Advocates for Youth, UNFPA, and UNESCO:

Middle School or High School (ages 9-15):

- Taking Care of Your Sexual Health

Healthy Teen Network and CAI:

High School Lesson:

- Keep It Simple: Linking Teens to Sexual Health Care

NYC Department of Health and Mental Hygiene:

Middle School or High School Lesson (ages 13-19):

- Teens in NYC: Getting Sexual Health Services Workshop Facilitation Guide

Sexual Health Initiatives for Teens (SHIFT NC):

High School Lesson (ages 15-19):

- Knowledge to Action: Helping Teens Access Health Services--Facilitator's Guide

Office of Adolescent Health (OAH):

Guidance for Middle or High School (ages 13-19):

- Teaching Adolescents How to Use the Healthcare System

Advocates for Youth is available for provision of technical support, including assistance with sexual health education scope and sequence that outlines specific content and skills needed to improve student's access to sexual health services.

Fee Associated Lesson Plans:

Center for Sex Education and Planned Parenthood of Greater Northern New Jersey, Streetwise to Sex-wise:

High School Lesson (older teens ages 14-19):

- 13: Web-Wise and 15: Taking Care of Our Sexual Selves

Cost: \$49 plus \$11.55 shipping. No training recommended or required.

ETR, HealthSmart:

Middle School Lesson:

- Lesson 8: STD & Responsible Actions

High School Lesson:

- Lesson 9: Getting Tested for HIV, Other STD & Pregnancy

Cost: \$999.99 for Middle or High School complete set (Teacher Guides plus classroom sets of 30 student workbooks for all 6 content areas) OR \$189.99 for Middle or High School individual content units (Teacher Guide and classroom set of 30 student workbooks). ETR provides a non-required **2-day training with a 1-day follow-up session**.

PATCH (Providers and Teens Communicating for Health Program):

Middle School or High School (ages 12-18):

- PATCH for Teens Toolkit

Cost: \$250 for PATCH for Teens Toolkit, which includes lesson plan, student booklets, 50 teen and 50 adult brochures, among other resources. Purchasing the toolkit authorizes a single facilitator to implement the PATCH for Teens lesson. While training is not required, it is possible to **request PATCH staff** to host a training, be a guest speaker, or provide consultation services.

Planned Parenthood League of Massachusetts, Get Real:

High School Lesson:

- Lessons 9-11: Assessing Risk and Accessing Sexual Health Care

Cost: \$299.99 for High School Curriculum and classroom set of 30 student workbooks; can purchase additional student workbooks for \$90 for 30 workbooks. Educators are highly encouraged to attend a **Training of Educators (TOE)**.

Public Health—Seattle & King County, FLASH:

High School Lesson:

- Testing for HIV & Other STDs

Cost: \$49.99/year/license per teacher for online subscription. Can also purchase print binders (between \$89.99-99.99 each). **Training of Educators (TOE)** is recommended, but not required.

Unitarian Universalist Association, Our Whole Lives (OWL):

High School Lesson (Grade 10-12):

- Lesson 2: Sexual Health-Taking Care of Our Sexual Selves

Cost: \$60 for Grade 10-12 curriculum; **Facilitator trainings** are recommended but not required.

Key Consideration: Partner with local organizations, who may already have existing lesson plans, and/or may be able to be a guest speaker and discuss existing youth-friendly sexual health services.

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