



Sexual Health Presentation Description

Summary

Westside Family Health Center's (WFHC) sexual health education programming integrates reproductive and sexual health information and decision-making skills to foster responsible, respectful behaviors. We strive to provide fact based sexual health education that focuses on both sexual and nonsexual protective factors, which can be an important component of effective sexually transmitted infection (STI) prevention. Our presentations include reproductive anatomy, STIs, birth control, media messages, and substance abuse. Schools are not required to choose all of our presentations. We suggest that educators consider requesting the reproductive anatomy, STI and birth control presentations.

All of our classroom education programming is aligned with the sexual health education requirements of the California Education Code (AB 329 California Healthy Youth Act). A brief summary of our presentations is provided below.

1. Teens are bombarded by **Media Messages** daily. The message sources include billboards, newspapers, television, radio, magazines, books, the Internet and smart phones. Many of the messages are designed to sell something and to keep the viewer's attention. Consequently, they are sexual and depict social stereotypes rather than norms. Teens are especially vulnerable to media messages because they have begun selecting their own material, yet they often do not have the skills needed to correctly evaluate the messages on their own. WFHC's Media Messages presentation teaches teens how to critically evaluate these messages that impact ones values and self esteem.

2. Reproductive Anatomy includes a discussion on puberty and the changes that occur for boys and girls during that time period. As well as male/female reproductive anatomy, the menstrual cycle, and how the media influences our perceptions of appearance, sexuality, and values. The discussion also includes the student's perceptions of gender roles followed by gender identity, gender expression, biological sex, and sexual orientation.

3. WFHC's **STI** presentation discusses bacterial and viral STIs, which includes prevention, transmission, symptoms, testing, treatment, and the difference between STIs that are curable and those that are treatable. The HIV section includes pre-exposure prophylaxis (PREP) and post-exposure prophylaxis (PEP).

4. Our presentation on **Birth Control** discusses abstinence and if possible talking with parents or a trusted adult when weighing the pros and cons of becoming sexually active. The educators stress the accurate use of condoms for STI prevention for sexually active people. All hormonal and barrier methods of birth control are explained, which includes how they work, level of effectiveness, side effects, and warning signs. Educators stress the importance of Long Acting Reversible Contraceptives (LARC) for pregnancy prevention.