
Welcome to Teen Talk!

Session 1:

Introduction, Values clarification, Parent Communication and Resources

Goals

- Create a safe space for students to discuss sexual health topics and the legal requirements of adults to ensure their safety
- Provide opportunities for students to ask sexual health questions throughout program without embarrassment
- Determine baseline knowledge of sexual health topics
- Afford practice in identifying and articulating their personal beliefs and values within a peer environment
- Inform students of their reproductive and sexual health rights and resources
- Establish the importance of maintaining an open dialogue with parents and trusted adults when communicating about sexuality and relationships

Objectives

At the end of this session, students will be able to:

- Set group agreements that create a safe and inclusive environment for all youth
- Understand California mandated reporting requirements
- State 2 values they hold about sexual health, relationships, or gender/sexuality
- Provide the names of 2 local health care providers where they can access confidential medical services
- Utilize the Anonymous Question Box

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Teen Talk Agreements

- 1) Respect
 - one mic
 - no judging
 - use inclusive language
- 2) Confidentiality
- 3) Reporting
 - 13 or younger with anyone older
 - 14 or 15 with anyone 21 or older
- 4) Communication
 - parent(s), trusted adults
 - peers, partner(s)
- 5) Ask Questions!

Pre-Test

Teen Talk Middle School Pre-Test

School _____ Date _____ Grade _____

Gender _____ Ethnicity _____ City where you live _____

Did you have Health Connected's **Puberty Talk** course in 5th or 6th grade? ☐ Yes ☐ No ☐ Not sure

1. **It is possible to get pregnant or get someone pregnant:**

- A. The first time having vaginal sex
- B. When a person is on their period
- C. If semen gets near the vaginal opening
- D. All of the above
- E. Not sure

2. **To use a condom correctly, a person should:**

- A. Pinch the tip
- B. Only use one at a time
- C. Keep it safe in a wallet
- D. Only A & B
- E. Not sure

3. **People urinate from which opening?**

- A. Anus
- B. Cervix
- C. Urethra
- D. Testicle
- E. Not sure

4. **Which of the following lowers your risk of pregnancy AND STIs, including HIV?**

- A. Birth control pill
- B. Condom
- C. Not having sex
- D. Only B & C
- E. Not sure

5. **Name two local CLINICS where a teen can go for FREE and CONFIDENTIAL birth control, STI testing/treatment, pregnancy testing and counseling.**

1.

2.

6. **Teens need permission from their parent or guardian to get sexual health services from a clinic.**

- ☐ True
- ☐ False
- ☐ Not sure

7. **Some birth control methods are effective for 3 or more years.**

- ☐ True
- ☐ False
- ☐ Not sure

8. **Emergency contraception is a pill taken after sex to help prevent pregnancy.**

- ☐ True
- ☐ False
- ☐ Not sure

9. **HIV can be passed to another person through saliva.**

- ☐ True
- ☐ False
- ☐ Not sure

10. **You can always tell if a person has an STI by looking at them.**

- ☐ True
- ☐ False
- ☐ Not sure

11. **A person must be at least 18 years old to buy condoms.**

- ☐ True
- ☐ False
- ☐ Not sure

12. **Sending sexual pictures to someone without their consent is an example of sexual assault.**

- ☐ True
- ☐ False
- ☐ Not sure

There are no correct answers
to the following questions.
Answer how you feel.

13. I can talk about sexual health with my parent(s) or a trusted adult.

- ☐ Yes
- ☐ No
- ☐ Not sure

14. I can talk about sexual health with a current or future partner.

- ☐ Yes
- ☐ No
- ☐ Not sure

15. I would speak up if I'm not comfortable being touched in a sexual way by a peer or partner.

- ☐ Definitely would
- ☐ Probably would
- ☐ Probably would not
- ☐ Definitely would not

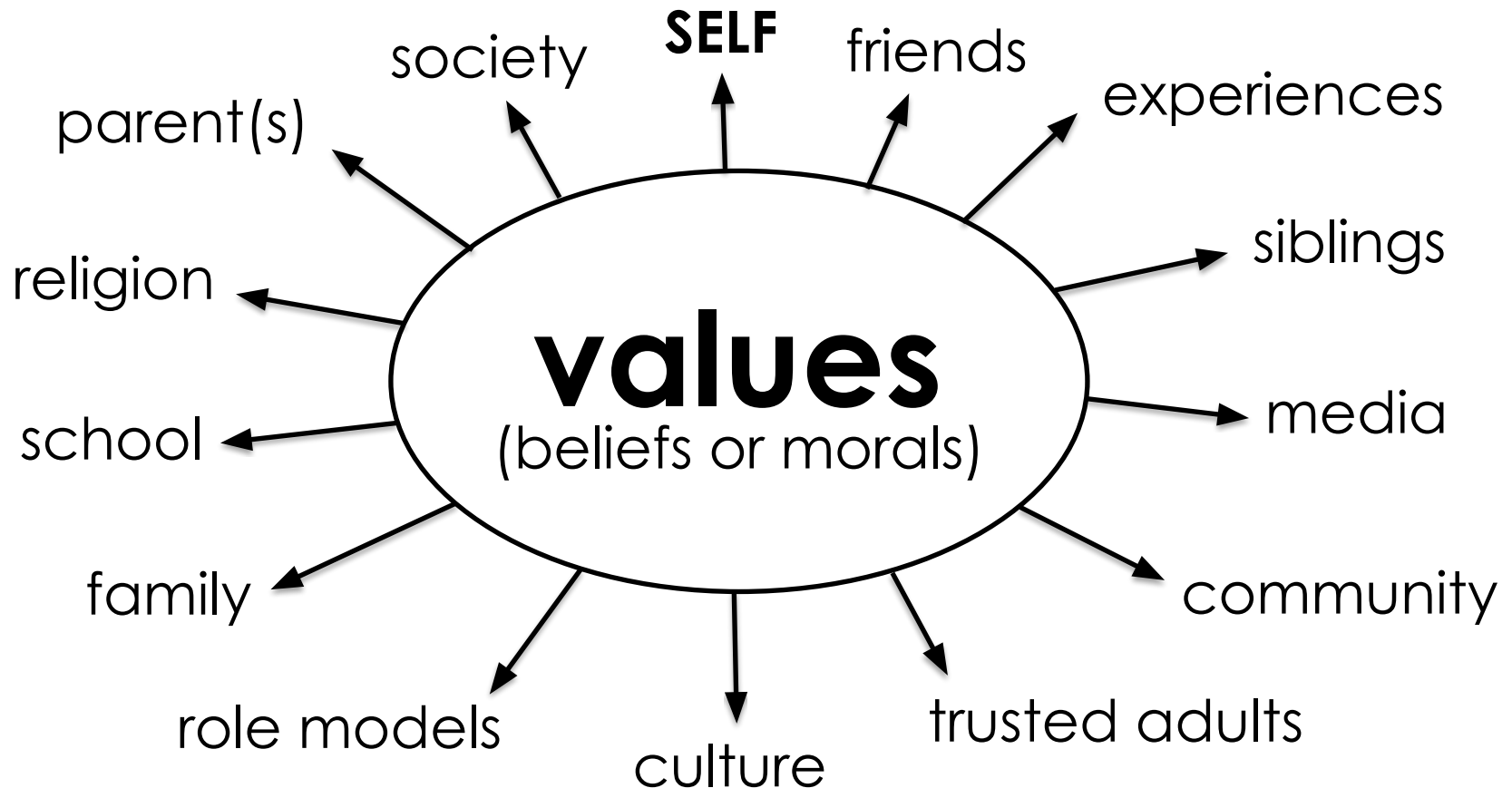
16. I would tell a friend to stop if they were making fun of someone for being gay or transgender.

- ☐ Definitely would
- ☐ Probably would
- ☐ Probably would not
- ☐ Definitely would not

What are values?

values
(beliefs or morals)

Where do we get our values?



Pick-a-Side

Agree

Disagree



Insert
statement
here



Pick-a-Side

Agree

Disagree



Insert
statement
here



Pick-a-Side

Agree

Disagree



Insert
statement
here



Pick-a-Side

Agree

Disagree



Insert
statement
here



Pick-a-Side

Agree

Disagree



Insert
statement
here



Values Clarification: AGREE or DISAGREE Statements

Select 5-10 statements from the list below based on the following criteria:

- Grade of class
- Maturity of class
- School/community norms
- Existing knowledge base of class

Everyone should learn how to cook, clean, and do laundry, regardless of their gender.

It's OK for a guy to cry over a breakup.

Girls should always try to look their best.

People at my school are free to be themselves.

There are good role models for teens in the media.

Parents should talk to their kids about sexual health.

It is normal to masturbate.

Texting a partner all the time shows that you love them.

In a relationship, one partner should take the lead.

Sex should be something special.

I would like to marry someone who is a virgin.

It's obvious when someone wants to have sex.

Kissing and touching will eventually lead to sex.

Middle School students are mature enough to have sex.

It's OK to have sex with a lot of people.

A person should be able to express their gender however they want to.

People should always get tested for STIs before having sex.

It's easy for teens to get sexual health services (e.g., condoms, STI testing, birth control).

Clinics should notify parents before giving a teen birth control.

Preventing pregnancy is a female's responsibility.

Having a baby with someone is a good way to make them stay in the relationship.

People my age can be good parents.

Back in the Day (homework)

- Choose an adult member of your family or another adult you trust (**age 18 or older**)
- **Interview them** – ask the questions on the interview guide and listen to their answers, then write a short reflection below
- Complete **Talk #1**, **Talk #2**, and **Talk #3** on three different nights, then turn in the slip (signed by your adult) for homework credit

BACK IN THE DAY...

Directions: Please interview a parent/guardian or an adult you trust over age 18 for this activity.

Student's Name: _____ Trusted Adult's Name: _____

Talk #1. **Due:** _____ **Adult signature:** _____

1. What did you do in your free time when you were my age?
2. What did you want to be when you grew up?
3. What did your parents/guardians teach you about puberty and body changes?
4. What is one thing you wish you knew about puberty when you were my age?

Reflection: What are two things you learned from your trusted adult? 

Talk #2. **Due:** _____ **Adult's signature:** _____

5. Did you have sex education or family life education in school? What was it like?
6. What is one thing you wish you knew about sexual health when you were my age?
7. How has the subject of gender changed since you were a child?
8. Did you know anyone who was bullied because of their sexual orientation or gender identity?
9. Is there anything you wish you had done differently in your friendships or romantic relationships when you were my age?

Reflection: In what ways are your trusted adult's past experiences similar or different to your own? 

Continue on other side



Talk #3. **Due:** _____ **Adult signature:** _____

10. How do you feel about the messages media (TV, music, movies, internet) send youth today?
11. Did you ever feel pressured to do something you didn't want to do? How did you handle it?
12. If someone pressures me to do something sexual, can you give me some suggestions of what to do or say?

Reflection: How has this conversation changed your thinking? 

Thank you for having this important conversation! Almost done...



Check out the CVUSD Community Resource List on the following pages to help continue this important conversation.



This section below is for your trusted adult to fill out after completing the interview.

I have talked through all of the questions on this homework sheet with my student.

Adult's signature: _____

Do you think this homework helped you and your student talk more openly about sexual health and relationships?

☐ **YES**

☐ **NO**

Local Teen Clinics

COMMUNITY RESOURCE LIST

Grief and Loss

Cancer Support Community
805 379-4777
cancersupportvvsb.org

Hospice of the Conejo
805 495-2145
hospiceoftheconejo.org

CA Healthy Youth Act, Education Code 51934(a)(8) requires school districts to provide information about local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.

Housing and Food

Area Housing Authority
805 480-9991
ahacv.org

Manna
805 497-4959
mannaconejo.org

Rain (Transitional Living Center)
805 383-7505
raincommunities.org

Food Share
805 983-7100
foodshare.com

Many Mansions
805 496-4948
manymansions.org

The Samaritan Center of Simi Valley
805 579-9166
samaritancentersimivalley.org

LGBTQ

PFLAG
818 991-4797 x 27
pflag.org/chapter/pflag-oak-parkconejo-valley

Rainbow Umbrella
805 836-0099

Trevor Project
24/7 Trevor Lifeline: 866 488-7386
thetrevorproject.com

Medical

Clinicas del Camino Real
805 498-3640
clinicas.org

Conejo Free Clinic
805 497-3575
805 328-3100—Dental
conejofreeclinic.org

Westminster Free Clinic
805 241-8366
westminsterclinic.org

Mental Health

CLU Community Counseling
805 493-3390
clucounseling.org

National Alliance on Mental Illness (NAMI)
Helpline: 805 500-6264
namiventura.org

VCBH—Early Detection and Intervention for the Prevention of Psychosis (EDIPP)
805 981-8865
vcbh.org/en/adult-services-early-intervention

Coalition for Family Harmony
805 983-6014
thecoalition.org/

Ventura County Behavioral Health (VCBH)
866 998-2243
vcbh.org/en/programs-services/youth-family-services

VCBH—Rapid Integration Support and Engagement (RISE)
805 981-4233
vcbh.org/en/get-help/rise-program

Interface Children and Family Services
805 485-6114 x 662 (Main Number)
805 371-5707 (Thousand Oaks)
icfs.org/services/mental-health/

Youth Crisis Line—Interface
805 469-5882
icfs.org/services/youth-crisis-homeless-services/

Parenting

Parent Child Interactive Therapy (PCIT)
(2-8 years old)
805 485-6114 x 662
icfs.org/services/mental-health/

Triple P—Positive Parenting Program (0-5 years old)
805 485-6114 x 625
icfs.org/services/mental-health/

United Parents
805 384-1555
unitedparents.org

Substance Abuse

BRITE

Substance Use Prevention and Education
805 647-4622
straightupvc.org/

Ventura County Limits

venturacountylimits.org/en/

Not One More

805 242-6662
notonemore.net

Prescription Drug Disposal

[venturacountyresponds.org/
medication-safety/safe-medication-
disposal](http://venturacountyresponds.org/medication-safety/safe-medication-disposal)

VCBH Substance use Treatment Services

844 385-9200
[vcbh.org/en/programs-services/
substance-use-services](http://vcbh.org/en/programs-services/substance-use-services)

Social Services

Community Conscience

805 494-3543
communityconscience.org

Conejo Closet

The Conejo Closet seeks to assist CVUSD families in need by providing toiletries, personal care items, school supplies, and clothing, free of charge.
[conejousof.org/Departments/Student-
Services/Student-Support-Services/The-
Conejo-Closet](http://conejousof.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet)

Conejo Community Outreach

Diaper Bank
[conejocommunityoutreach.com/
diaper-bank.html](http://conejocommunityoutreach.com/diaper-bank.html)

Lutheran Social Services

805 497-6207
lsssc.org/location/ventura-county

Harbor House

855 427-2672
harborhouseto.org/

Human Services Agency

805 449-7320
ventura.org/human-services-agency/

Kids and Family Together

805 643-1446
kidsandfamilies.org

Additional Services

Big Brothers Big Sisters

805 484-2282
bbsvc.org

Conejo Youth Employment

805 496-6868
conejoyes.com

Department of Rehabilitation

805 371-6279
dor.ca.gov

PACER-National Bullying Prevention

pacer.org/bullying/

Thousand Oaks Library

805 449-2660
tolibrary.org

Thousand Oaks Police Department

Non-emergency Line
805 654-9511
toaks.org/departments/police

Thousand Oaks Teen Center

805 494-5156
thousandoaksteencenter.com
Tutoring available. Please visit website or call for more information.

Hotlines

Ventura County Crisis Team (24/7) 866 998-2243 vcbh.org/en/get-help/mobile-crisis-response-team

California Youth Crisis Line (24/7) 800 843-5200 calyouth.org

National Suicide Prevention Hotline (24/7) 800 273-8255 suicidepreventionlifeline.org

Crisis Text Line (24/7) Text HOME to 741741 crisistextline.org

Dial **211** or visit the [211 website](#) for additional Ventura County resources

12 Step Resources

Alanon—alanonventura.org

Alateen—alanonventura.org/alateen

Alcoholics Anonymous—aaventuracounty.org

Narcotics Anonymous—clana.org/index.html

NarAnon—nar-anon.org