
Introduction, Values, and Communication

Session 1:

Introduction, Values, and Communication

Goals:

- Create a safe space for students to discuss sexual health topics and inform students of their reproductive and sexual health rights and resources
- Provide opportunities for students to ask sexual health questions throughout program without embarrassment
- Give students practice at identifying and articulating their personal beliefs and values within a peer environment
- Recognize the importance of parent and trusted adult communication when it comes to understanding sexual health topics.

Session 1:

Introduction, Values, and Communication

Objectives:

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

- Name one place that offers help with sexual health needs
- Utilize the anonymous question box
- Identify one trusted adult in their lives that they can communicate with about their bodies, sex, and relationships
- Identify one value they hold about sex or sexual activity

Introduction and Group Agreements



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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 questions during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions 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 t 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.

Pre-Test

TTAAA Puberty Talk **Pre Test**

Circle the correct answer.

1. The **changes** that occur during puberty usually **happen:**

- A. Overnight B. Over 1 year C. Over several years D. Not Sure
-

2. During puberty, **most females:**

- A. Start their period B. Grow hair under their arms C. Both of these D. Not sure
-

3. The part of the **male body** that **makes sperm** cells is the:

- A. Ovary B. Testicle C. Penis D. Not sure
-

4. In order to **make a baby**, a sperm cell must fertilize (join with) an ovum (egg).

- True False Not sure
-

5. **Females ovulate (release eggs)** from their ovaries from the time they are born.

- True False Not sure
-

6. It is **normal for males** to get **erections**, even when they are not thinking sexual thoughts.

- True False Not sure
-

7. Sexual consent requires which of the following?

- A. Both partners are 18 or older (in CA) B. Both partners are sober (not drunk or high) C. Both partners verbally agree ("Yes!") D. A, B, and C

There is no correct answer to these questions. Answer how you feel.

8. I feel confident that I could tell someone to stop making fun of another person's body or looks.

- True False Not sure
-

9. I feel confident that I could tell someone to stop touching me in a way that makes me feel uncomfortable.

- True False Not sure

TTAAA Teen Talk Pre Test

Circle the correct answer.

- 1. Which type of birth control method helps protect against pregnancy and STIs?**
A. Birth control pill B. Condom C. Ring D. Not Sure
- 2. Choose the fluid that can pass HIV.**
A. Saliva B. Sweat C. Blood D. Not Sure
- 3. In a healthy relationship, both people feel...**
A. Afraid B. Frustrated C. Respected D. Not Sure
- 4. Anyone who is having sex should get a regular check-up at a clinic.**

TRUE

FALSE

NOT SURE

- 5. Name ONE local clinic** where a teen can go to for FREE and CONFIDENTIAL sexual health services.

- 6. What must someone do before they have sex with someone?**
A. Ask politely and wait for the "YES" B. Hold hands C. Buy them gifts D. Not Sure

- 7. If someone is sexually assaulted, it is never their fault.**

TRUE

FALSE

NOT SURE

- 8. Who could you talk to if someone touched you sexually and you didn't want them to?**

There is no correct answer to these questions. Answer how you feel.

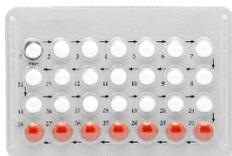
- 9. I feel comfortable going to a clinic for sexual health services.** YES NO NOT SURE
- 10. I can talk about sexual health with a parent or trusted adult.** YES NO NOT SURE
- 11. I can talk to a current or future partner about what I want to or don't want to do sexually.** YES NO NOT SURE

TTAAA Teen Talk Pre Test

Circle the correct answer.

1. Which type of birth control method helps protect against pregnancy and STIs?

B. Birth control pill



B. Condom



C. Ring



D. Not Sure



2. Choose the fluid that can pass HIV.

B. Saliva



B. Sweat



C. Blood



D. Not Sure



3. In a healthy relationship, both people feel...

B. Afraid



B. Frustrated



C. Respected



D. Not Sure



4. Anyone who is having sex should get a regular check-up at a clinic.

TRUE



FALSE



NOT SURE



5. Name **ONE** local clinic where a teen can go to for FREE and CONFIDENTIAL sexual health services.



6. What must someone do before they have sex with someone?

B. Ask politely and wait for the "YES"



B. Hold hands



C. Buy them gifts



D. Not Sure



7. If someone is sexually assaulted, it is never their fault.

TRUE



FALSE



NOT SURE



8. Who could you talk to if someone touched you sexually and you didn't want them to?



There is no correct answer to these questions. Answer how you feel.

9. I feel comfortable going to a clinic for sexual health services.

YES



NO



NOT SURE



10. I can talk about sexual health with a parent or trusted adult.

YES



NO



NOT SURE



11. I can talk to a current or future partner about what I want to or don't want to do sexually.

YES



NO



NOT SURE



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)
805 816-3057
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 & Free Dental
805 497-3575—Medical
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
800 300-2181—24/7 Hotline
805 983-6014—Office
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.
conejousd.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)

Harbor House

855 427-2672
harborhouseto.org/

Lutheran Social Services

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

Human Services Agency

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

Kids and Family Together

805 643-1446
kidsandfamilies.org

Additional Services

Adelante Comunidad Conejo

adelantecomunidadconejo.org

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

Homework Help available. Please visit website or call for more information.

Thousand Oaks Police Department

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

Thousand Oaks Teen Center

805 494-5156
thousandoaksteencenter.com

Hotlines

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

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) Dial **988** suicidepreventionlifeline.org

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

12 Step Resources

Alanon—alanonventura.org

Alateen—alanonventura.org/alateen

Alcoholics Anonymous—aaventuracounty.org

Narcotics Anonymous—clana.org/index.html

NarAnon—nar-anon.org

Local Teen Clinics

Parents' permission is **NOT** required in CA (but we encourage you to talk with them!)
Services are **FREE** and **CONFIDENTIAL**

• _____
website: _____
phone: _____
address: _____

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website: _____
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website: _____
phone: _____
address: _____

What are my values?

values

Values Clarification: AGREE or DISAGREE Statements

Select 3-6 statements from the list below based on the following criteria:

- Grade of class
- Maturity of class
- School/community norms
- Existing knowledge base of class
- Functioning level of class (verbal ability, attention span, etc.)
- Developmental age of person or class

Group 1 (K-6th grade)

- I can talk to my parents/guardians about my body and feelings.
- It is hard to go through body changes.
- You should take care of your body.
- Body changes are exciting.
- I should ask a trusted adult if I have questions about my body or feelings.
- I am comfortable telling a person I have a crush on them.
- Learning about taking care of your body is important.
- You should learn about both boy and girl body parts.

Group 2 (Middle and High School Students)

- It is easy to tell if a person likes (has a crush on) you.
- People my age can make good decisions about relationships and sex.
- Buying your partner gifts shows them you love them.
- Texting your partner all the time shows you love them.
- It is important to take care of your body.
- I can tell my parents I have a crush on someone.
- If you are going on a date, you should tell a trusted adult.
- I would feel OK talking to my partner about having sex.
- It's easy to use condoms every time a person has sex.
- You should talk to your parents/guardians about your relationships.
- I am OK with asking my parents questions about relationships and sex.
- Telling a partner or friend they are making you feel uncomfortable is not hard.

Pick-a-Side

Agree

Disagree



Insert
statement
here



Agree



Agree



Agree



Agree



Disagree



Disagree



Disagree



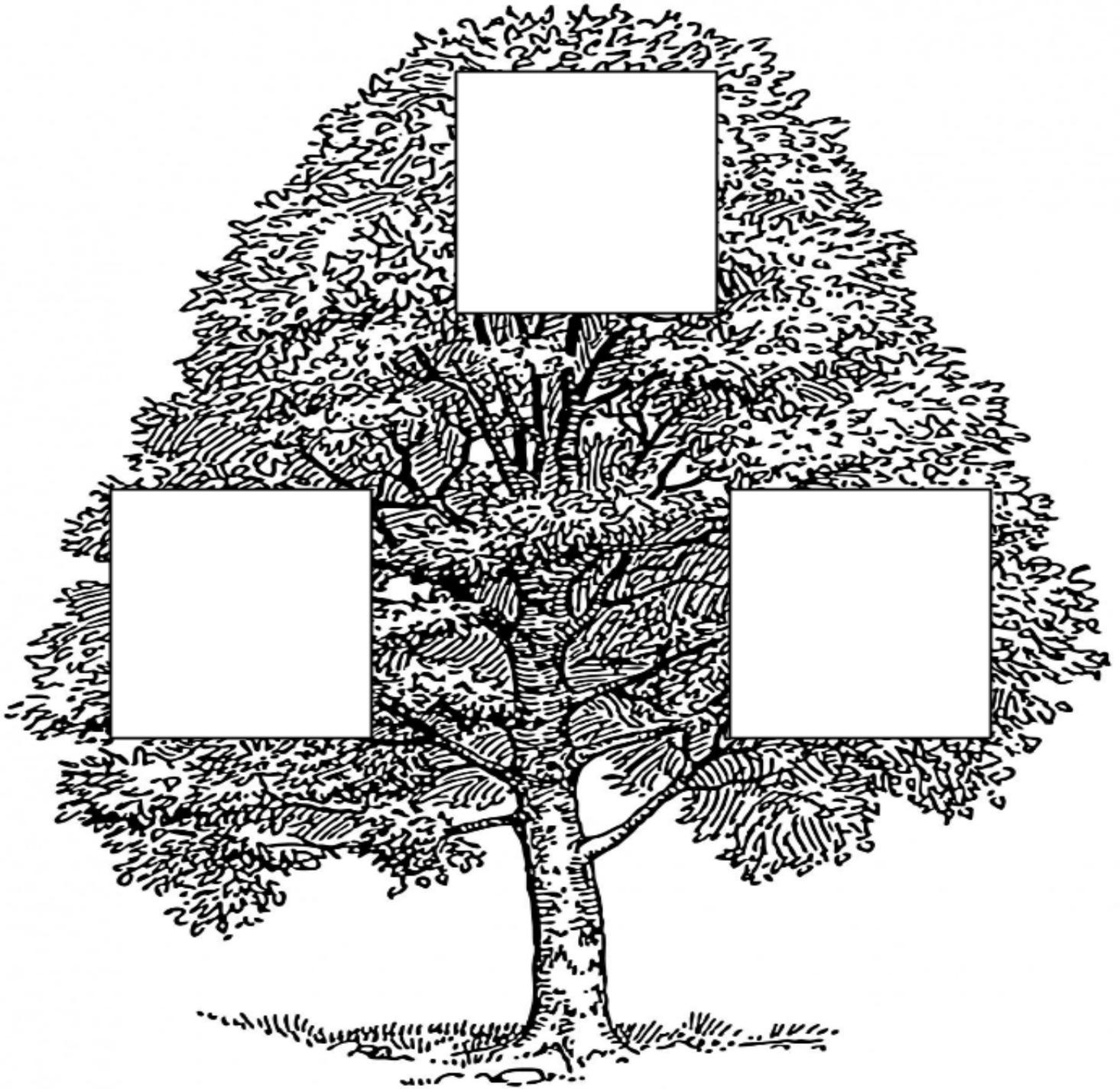
Disagree



Tree of Trust

Tree of Trust

Directions: Draw or paste a picture of up to three adults that you can trust.



I can talk to _____, _____,
and _____ about sex, relationships, and my body.

MY TRUSTED ADULT

My name is

and I can talk to

(trusted adult)

about my body,
relationships, or sex.

Talk #2. **Due:** _____

Adult's signature: _____

4. If you are not around and I have questions, who would you want me to talk to?

5. If someone says something to me or touches me in a way that makes me feel uncomfortable, what would you want me to do?

Thank you for having this important conversation!

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?	<input type="checkbox"/> YES	<input type="checkbox"/> NO