Community Health Education
for small or large groups
by Harbor Health Services - Prevention Team

Choose from our many options below!

**Life Skills (for ages 12-18)**
(series of five 1 hr. sessions)

**Session 1:**
- What does it mean to be healthy?
- Goal setting

**Session 2:**
- Decision making
- Personal values

**Session 3:**
- How does media influence health?

**Session 4:**
- Healthy relationships

**Session 5:**
- Healthy communication

**Coaching Boys Into Men**
We train boys' athletic coaches to teach a 12 session course on healthy masculinity and relationship skills. Each session totals 15-20 minutes and would happen at the beginning or end of a practice.

**And Now What? (for ages 18-24)**
A single 1 hr. interactive session focusing on exploring personal and peer values and beliefs on a variety of topics, including:
- Alcohol/Substance Use
- STI/Pregnancy prevention
- Consent
- Healthy relationships
- Peer pressure

**Sexual Health Courses (for ages 15-24)**
- Consent Workshop (single 1 hr. session)
- Get Real (series of seven 1 hr. sessions)

**Session 1:**
- Intro to Sexuality & Identity

**Session 2:**
- Gender & Sexual Identity

**Session 3:**
- Reproductive Anatomy

**Session 4:**
- Reasons & Methods for Preventing Pregnancy

**Session 5:**
- Preventing STIs & HIV

**Session 6:**
- Sexual Risks: Low Risk Intimacy

**Session 7:**
- Healthy Relationships

**also offered as a single session**

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HARBOR HEALTH