

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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