



Healthy sexuality & young people



**Sexual health promotion
as sexual violence
prevention**





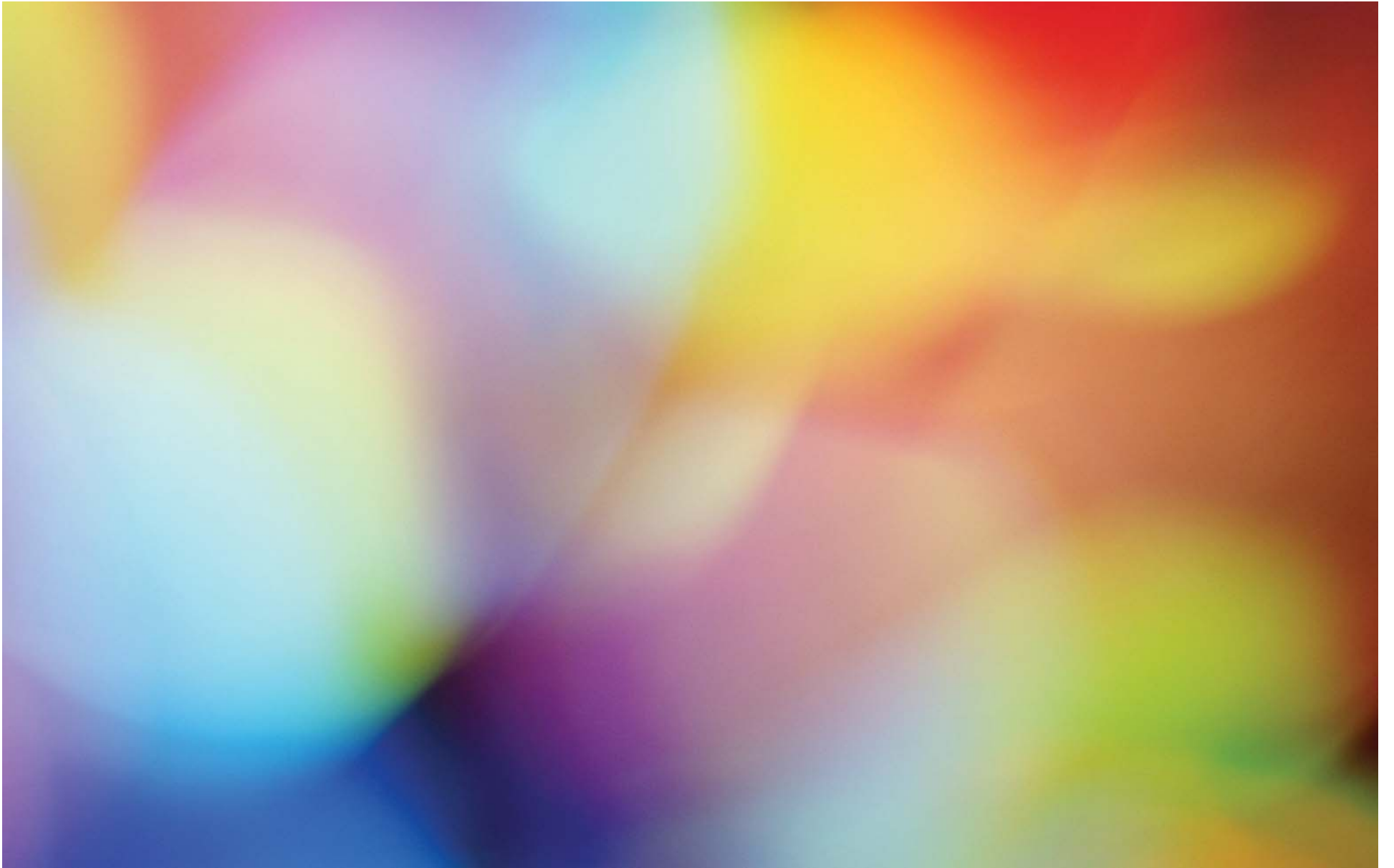
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Planned Parenthood Keystone



Laura Palumbo
**National Sexual Violence
Resource Center**



**National Sexual Assault Conference:
8/21/14**



Welcome

Part 1

- Introduction
- Activity: Icebreaker
- Healthy sexuality & prevention
- Activity: Healthy sexuality checklist
- Healthy sexuality & young people
- Sexual Assault Awareness Month 2014
- Activity: Healthy development timeline

Part 2

- Healthy sexuality & working with youth
- What is adultism?
- Healthy communication
- Activity: It's time... to talk about sex
- Building healthy youth-adult partnerships
- Activity: Hooking up with healthy sexuality
- Wrapping up



Planned Parenthood Keystone

directory

Looking for a sexual assault program?
Check out NSVRC's online directory.



FOLLOW US



@PCARORG @im6org @NSVRC
@bigvoice @penn_state
@OneHeartPSU State College is a
little too far for me, please let me
know when your in Philly

National Sexual Violence Resource Center

APRIL =

Sexual Assault Awareness Month

SPREAD THE WORD: WWW.NSVRC.ORG/SAAM

It's time to talk about it. Your voice. Our future. Prevent sexual violence.

National Sexual Violence Resource Center • #SAAM



Objectives

1. Define healthy sexuality framework for sexual violence prevention.
2. Examine adolescent sexual health promotion campaign.
3. Identify strategies to incorporate healthy sexuality in work with youth.



Icebreaker: Condom Connection



Nice to meet you!

- **Banana:** What's the funniest myth you've heard about sex or sexuality?
- **Brain:** What's one thing about sex or sexuality that you wish you had learned sooner?
- **Love:** What's the best part of your job?
- **Gas Tank:** What's one thing that fuels you?



**What is healthy
sexuality?**

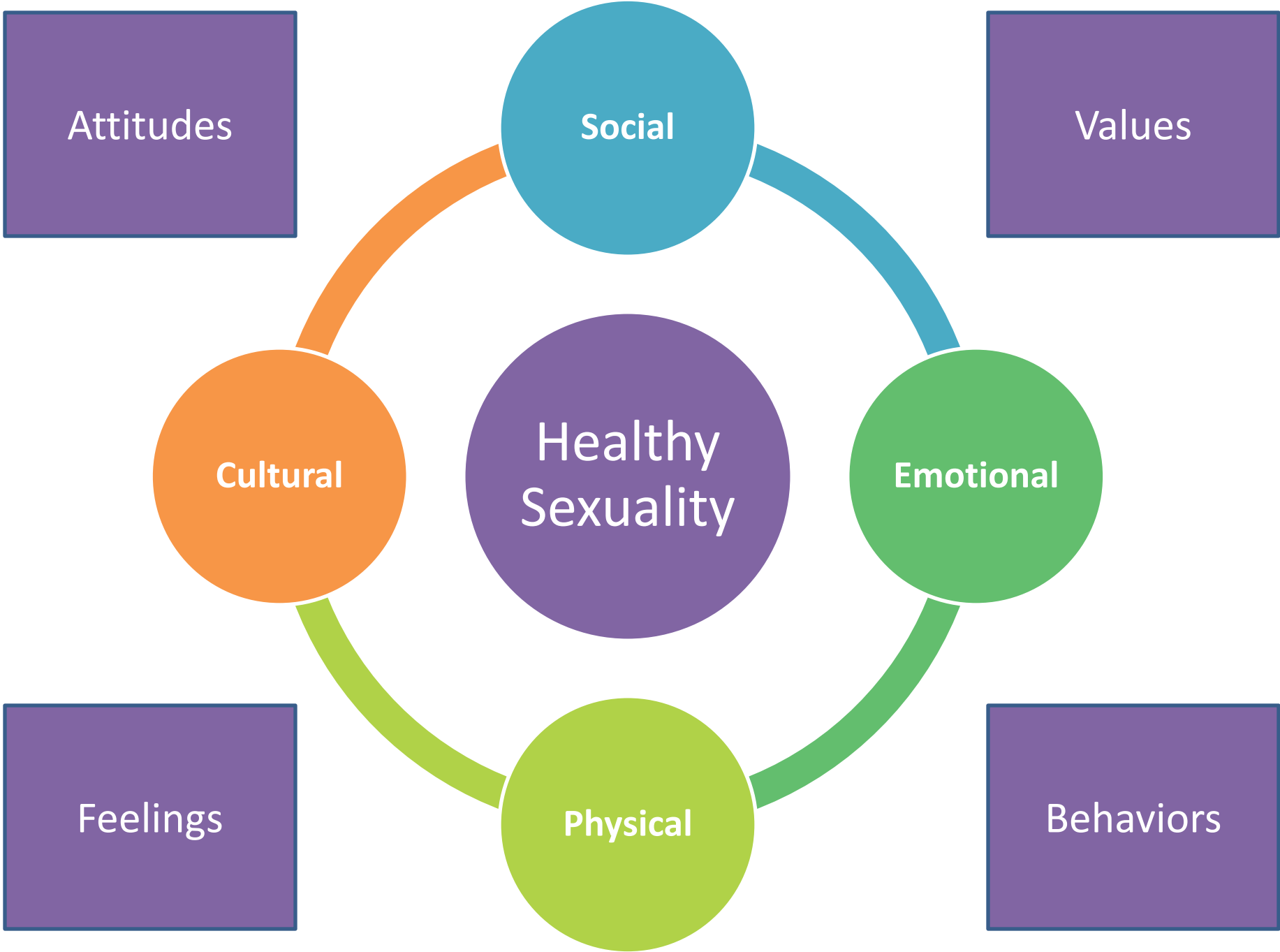
What is healthy
sexuality?

COMFORTABLE
FUN
SAFE
SKILLS
RESPECT
IDENTITIES
LIFE-ENHANCING
COMMUNICATION
DEVELOPMENT
PLEASURABLE
HEALTHY
SEXUALITY
CONNECT
EXPERIENCE
ORIENTATION
MUTUAL
VALUES
SEXUAL
MEDIA
FEELINGS
GENDER
BEHAVIORS
CONSENT
EXPRESS
EQUAL
CULTURE

Healthy sexuality

“Healthy sexuality means having the **knowledge and power** to express sexuality in ways that enrich one’s life.
...consensual, respectful and informed.
Healthy sexuality is free from coercion and violence.”

NSVRC SAAM Definition





**Activity:
Healthy sexuality
checklist**



What does healthy sexuality look like?

Characteristics of a Sexually Healthy Adult

Model developed by
**Sexuality Information
& Education Council
of the United States
(SIECUS)**



Characteristics of a Sexually Healthy Adult

- Comfortable with body
- Understands sexual development
- Information and resources to support sexual health
- Healthy sexual relationships



Characteristics of a Sexually Healthy Adult

- Expresses sexuality respectfully
- Esteems all genders and identities
- Identifies appropriate sexual behaviors
- Skills to communicate



Characteristics of a Sexually Healthy Adult

- Aware family, cultural, media and societal impact
- Accepts own sexual orientation & gender identity
- Respects sexual orientation & gender identity of others

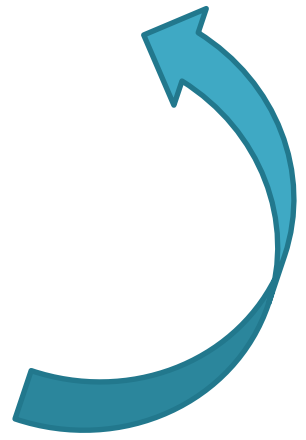




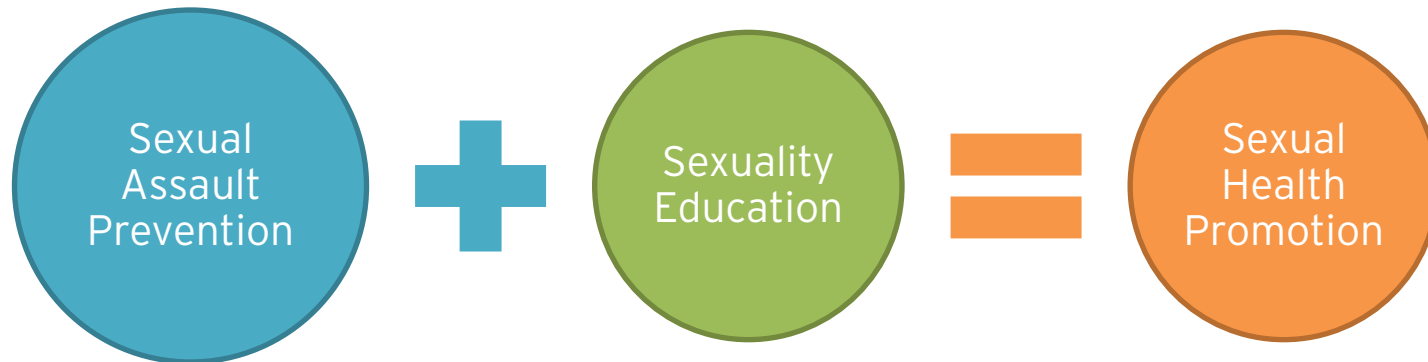
Making the connection

Prevention!

What's [sex]
got to do with it?



How is this connection strengthening our work?



Healthy sexuality framework

- Promotes positive social norms
- Challenges harmful messages
- Addresses attitudes, beliefs and behaviors

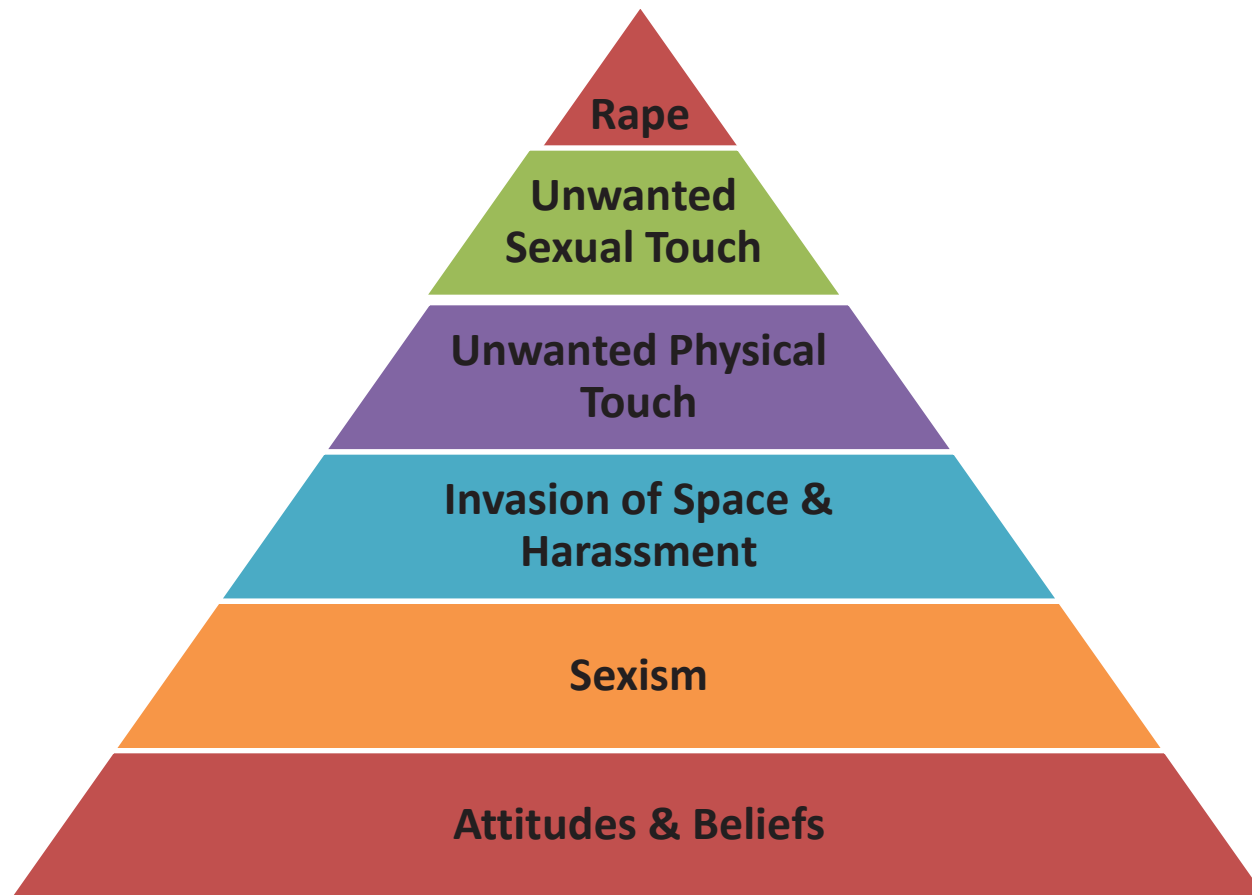
Healthy sexuality framework

- Identifies healthy and behaviors skills
- Promotes consent, communication and boundaries
- Encourages media and cultural literacy
- Inclusive of diverse identities and experiences

Healthy sexuality framework

- Supports overall sexual health and healing
- Strengthens lifelong healthy development
- Involves individuals, communities, and systems

Healthy sexuality framework





SAAM Resource: Overview on healthy sexuality & sexual violence prevention



Healthy sexuality and young people



Healthy adolescent sexual development

Benefits of a Healthy Sexuality Framework

- Effective primary prevention approach.
- Teaches more than what not to do, teaches what healthy behavior looks like.
- Helps establish credibility with youth.
- A positive and empowering approach for both youth and adults.
- Create opportunities for collaboration and unified goals. More voices with a similar message.

Supporting Healthy Sexual Development

- Promote open communication.
- Model healthy boundaries & behavior.
- Encourage body rights.
- Provide age-appropriate information & resources.
- Promote a culture of engaged bystanders.
- Create safer environments overall.



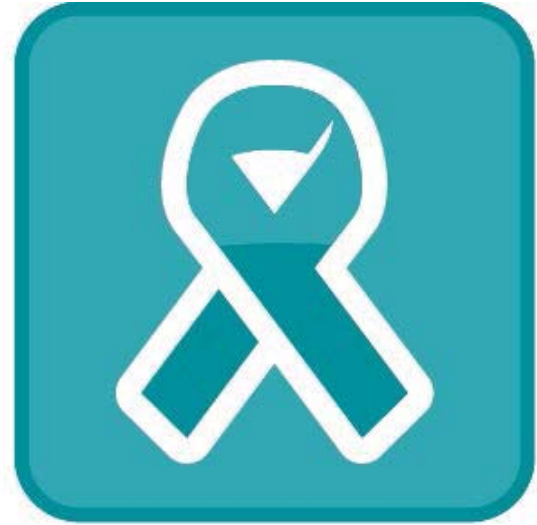
**Sexual Assault
Awareness
Month
2014**



SAAM 2014

Healthy sexuality

& young people



IT'S TIME ... TO TALK ABOUT IT!

Your voice. Our future. Prevent sexual violence.

SAAM & healthy sexuality





Campaign materials

- Healthy adolescent development resources
- Social media toolkit
- Event ideas for Sexual Assault Awareness Month
- Customizable SAAM proclamation*
- Youth proclamation
- Sample Letter to the Editor
- Spanish-language materials
- Campaign visuals and logos



RESOURCES ARE HERE!

[SAAM Home](#)[What is SAAM?](#)[HOME](#)

Sexual Assault Awareness Month - Home

SAAM

[SAAM Home](#)[What is SAAM?](#)[Current Campaign](#)[Resources](#)[Visionary Voice Award](#)[Store](#)

LANGUAGE

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218

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281

April is Sexual Assault Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.



US



NSVRC HOME

[EVENTS](#)[BLOG](#)[FORUM](#)

01/22/2013 - 10:00am
Prevention Webinar:
*Bystander intervention in
Marginalized Communities*



IT'S TIME ... TO TALK ABOUT IT!

SAAM en Español



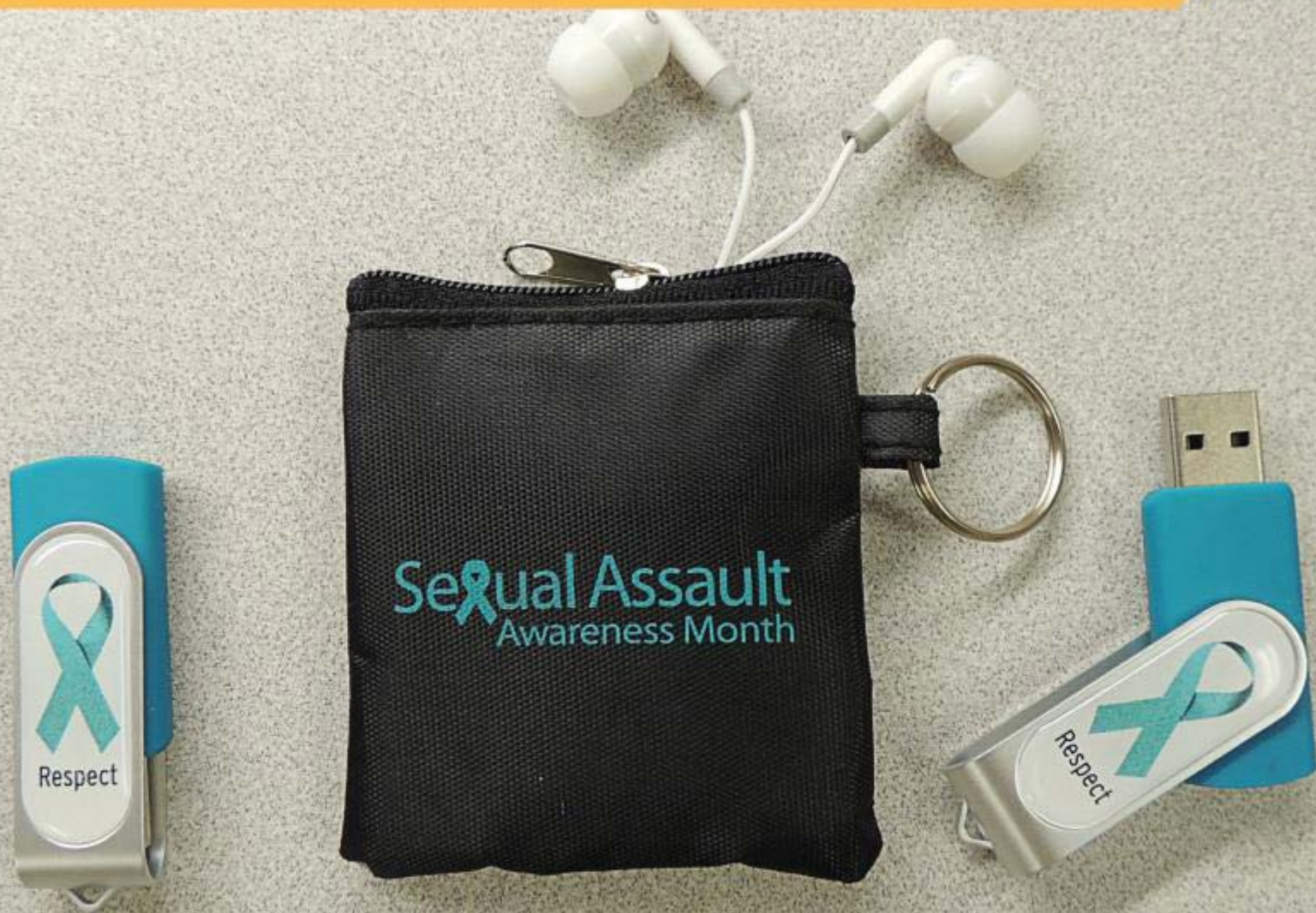
ES TIEMPO DE HABLAR...

Tu voz es nuestro futuro.

Prevenamos la violencia sexual.

www.nsvrc.org/es/saam

New SAAM Products





**Activity:
Healthy
development
timeline**



SAAM Resource: Overview of healthy adolescent sexual development



Part 2: Healthy sexuality & young people

Sexual health promotion
as sexual violence
prevention



Healthy adolescent sexual development



**What is
adultism?**

Adultism

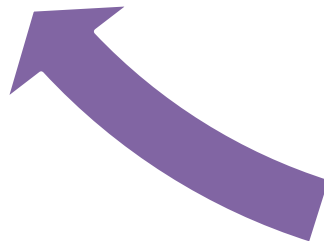
“...*behaviors and attitudes* based on the assumption that *adults are better than young people*, and entitled to *act upon young people* without their agreement.”

(Bell, 1995, p. 1)



Cycle

The oppression of young people is widely accepted and internalized.





Impact on sexual health

Impact of adultism

- Prevents youth-adult partnership
- Limits effective communication
- Discourages adults
- Discourages young people
- Leads to less effective programming



Adults can be allies

What is an adult ally?

- Works to eliminate adultism
- Responds to young people's developmental needs
- Promotes strengths, confidence, and power of young people

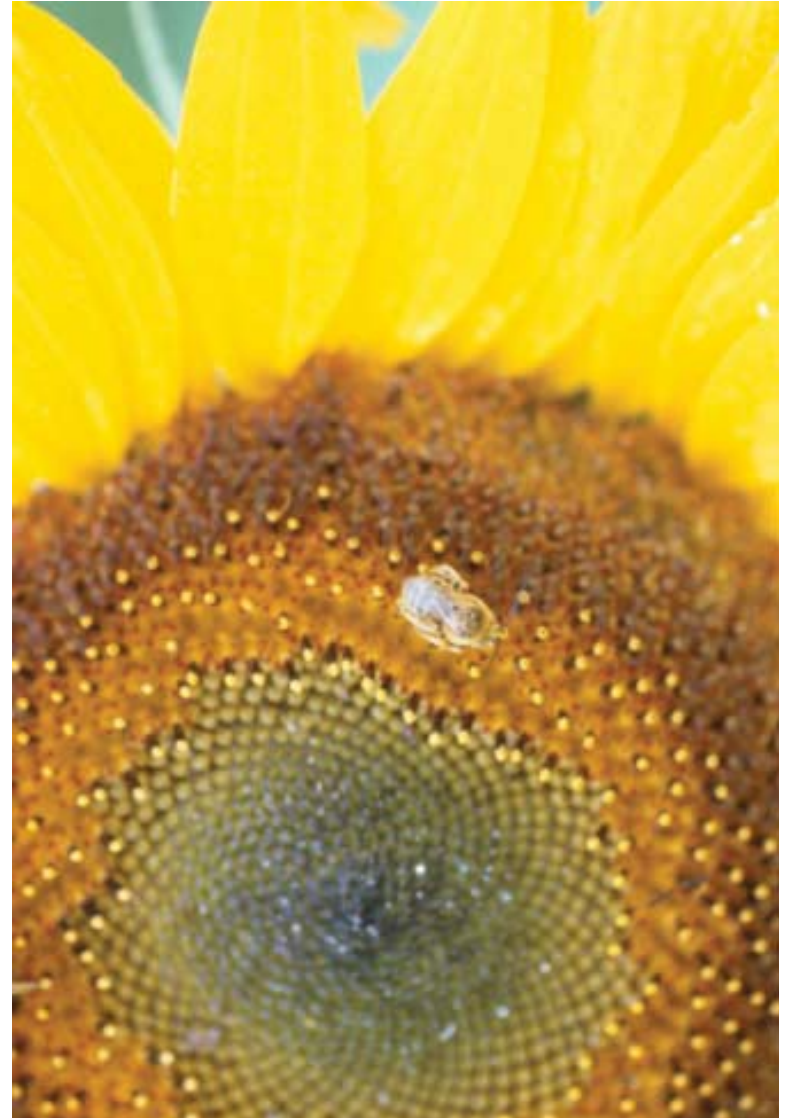
Strategies to be an adult ally

1. Listen
2. Learn
3. Appreciate young people's assets
4. Practice and promote respect



Strategies to be an adult ally

5. Be honest
6. Treat young people as equals
7. Evaluate policies and procedures
8. Provide resources



Strategies to be an adult ally

9. Allow room to grow

10. Interrupt adultism

11. Find other allies

12. Other strategies...?





SAAM
Resource:
Being an
Adult Ally



Healthy Communication



Let's talk about it!

Comfort level

- Helps to convey that sexuality is a natural and healthy part of life.
- Helps to make us “askable” educators, advocates & counselors.
- Helps others to feel more comfortable discussing sexuality.

Tips for talking about sex

- **Don't Panic.**
 - Comfort is key.
- **Don't Lecture.**
 - You'll be tuned out.
Instead create a dialogue.
- **Be Honest and Accurate.**
 - If you don't know, say so.

*Let's figure
that out
together!*

Tips for talking about sex

- **Clarify**

- What information do you want to share?
- What is the person really asking?


*Sounds like you want
to know more about...*

Tips for talking about sex

- **Keep it simple.**

-Don't give a more details than necessary.

Important when communicating with children & adolescents.



For some people this means...

Tips for talking about sex

- Know your topic/facts.
- Consider preparing talking points.
- Practice internally.
- Provide healthy sexuality training for staff.

The formula

Model developed by
Catherine Dukes, PhD,
Vice President of
Education & Training,
Planned Parenthood
of Delaware



The formula

- Always start with....

“That’s a great question.”



The formula

- If the question is fact-based you can....

-Give them an answer.

Or reply

-“I don’t know, but I can find out.”



The formula

- If the question is value-based use....
 - For some....
 - For others....
 - For you....





Activity:
Its' time... to TALK
about SEX!

Scenarios

A 16-year-old asks you “How do you know when you are ready to have sex?”

Scenarios

A 13-year-old says “When girls dress slutty it seems like they are looking to hook-up.”

Scenarios

A 14-year-old asks “Why are adults always so worried about us having sex, especially when adults all do it?”



Building healthy youth-adult partnerships

Positive partnerships

Young people and adults:

- Are equal partners
- Teach and learn from each other
- Share power, decision-making, and responsibility

Youth leadership

Young people:

- Contribute energy, expertise, innovation, and diverse skills.
- Are engaged as partners in decision-making at all levels of the program.

Positive ways to support young people



Supporting Healthy Sexuality

Adult allies:

- Understand that youth are capable of making good decisions
- Support youth in obtaining the information & skills they need
- Advocate for policies, funding & curriculum that support comprehensive sex ed

Supporting Healthy Sexuality

Adult allies:

- Avoid adultist language & assumptions in sex education
- Provide medically-accurate and non-judgmental information, resources & referrals

six core principles of youth development



(Pagliaro & Klindera, 2001)

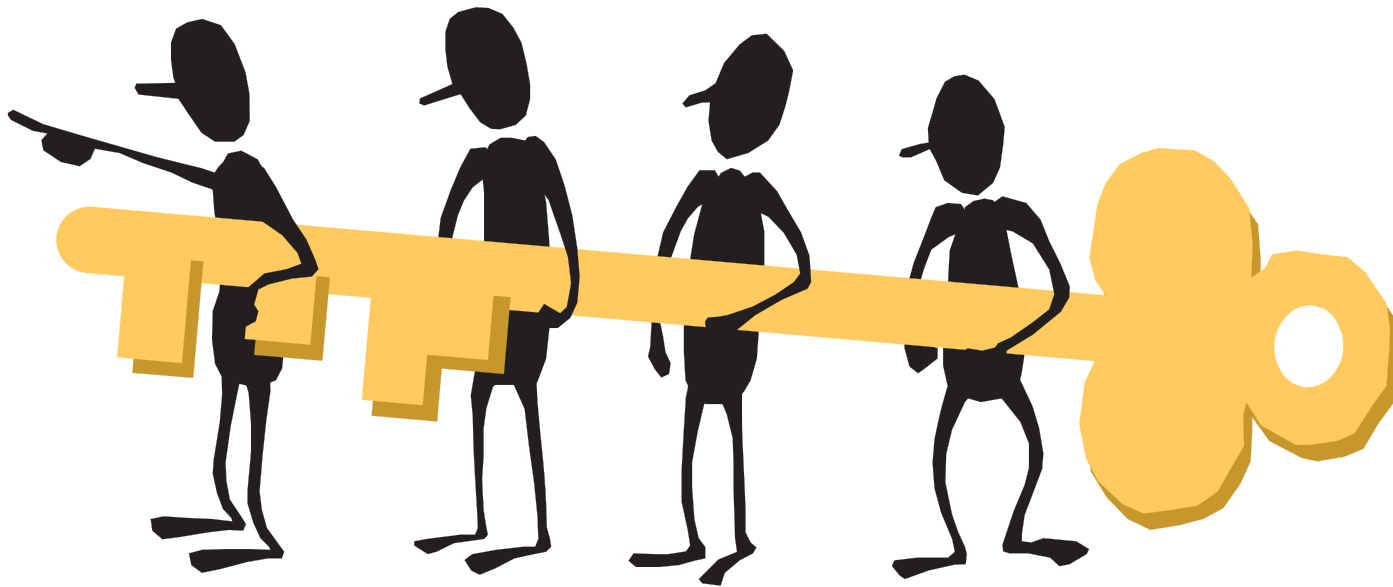
1. Focus on assets, not problems



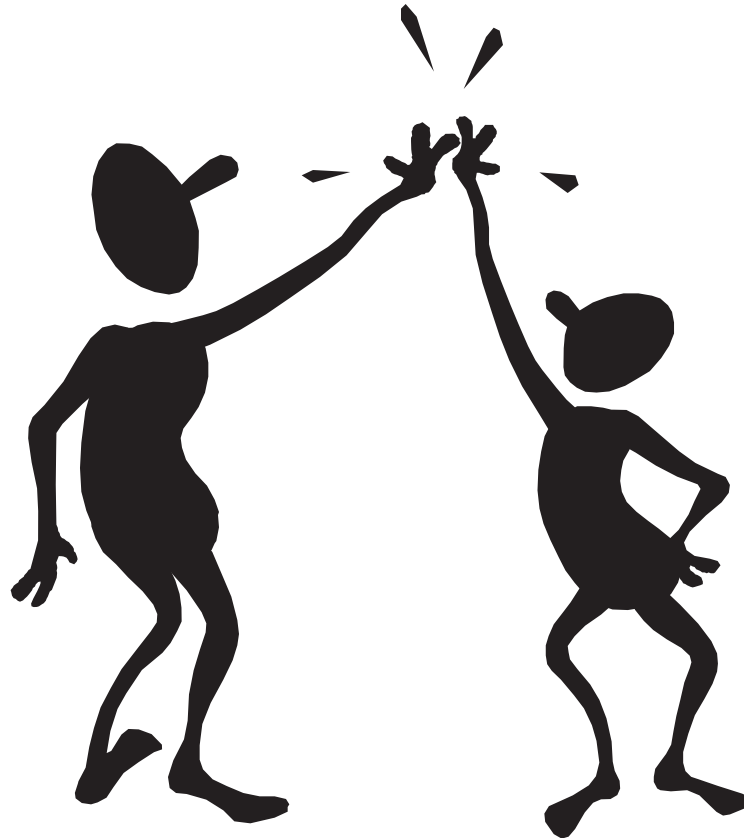
2. Address the REAL needs of young people.



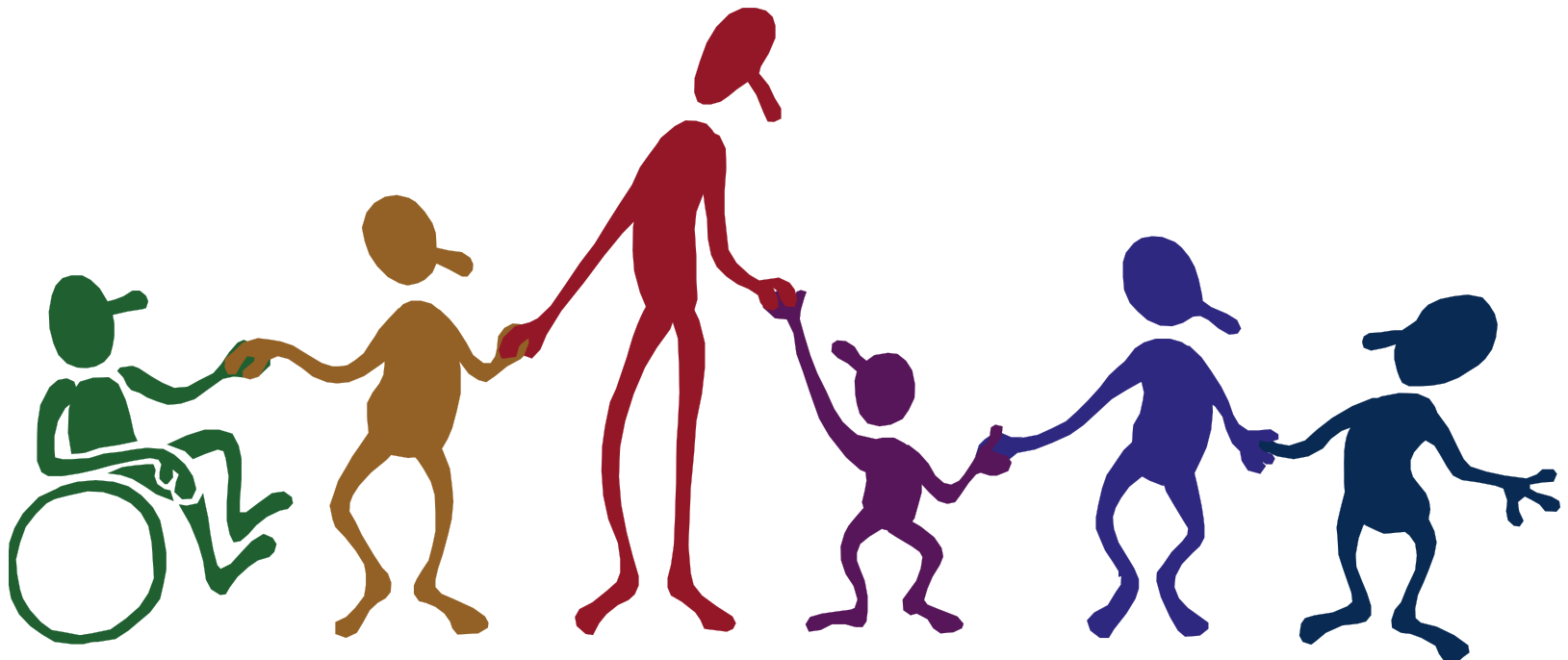
3. Engage young people in developing programs.



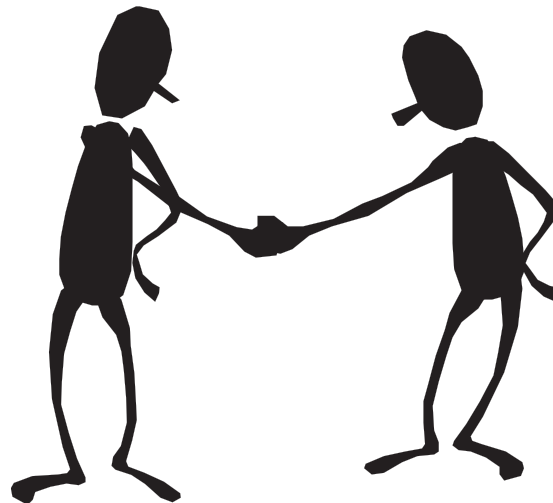
4. Involve knowledgeable and committed adults.



5. Recognize the influences of young people's environments.



6. Build community partnerships.





SAAM
Resource:
Best practices
for engaging
youth as
partners



Activity: Hooking up with healthy sexuality

Resources

Planned Parenthood

NSVRC - National Sexual Violence Resource
Center

Advocates for Youth

Answer

Trans Youth Family Allies

GLSEN – Gay, Lesbian and Straight Education
Network

Office of Adolescent Health

Tools and curricula

Sex, etc.

Scarleteen

F.L.A.S.H. Curricula

100 Conversations

Our Whole Lives

Media Education Foundation

Scenarios USA

Action Plan: 7-7-7

What's one step you can take moving forward?

- **Next 7 days**
- **Next 7 weeks**
- **Next 7 months**



Questions?



References

Bell, J. (1995). *Understanding adultism: A major obstacle to developing positive youth-adult relationships*. Retrieved from YouthBuild USA:

https://youthbuild.org/sites/youthbuild.org/files/kb_item/2011/11/792/Understanding-Adultism.pdf

Pagliaro, S., & Klindera, K. (2001). *Youth development: Strengthening prevention strategies*. Retrieved from Advocates for Youth:

<http://www.advocatesforyouth.org/index.php/publications/550?task=view>



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Planned Parenthood Keystone

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