



Let's TALK

| Education Guide

WeARE educating people of all ages about healthy and safe relationships.

weareeducating.org



615 Oak Street | Brainerd, MN 56401



Advocates for Reproductive Education (WeARE) is a 501c3 non-profit organization established in 2015 to meet an unmet demand for reproductive education and health care services in the Brainerd area.

Our mission is to promote and provide comprehensive reproductive education and healthcare services for youth and young adults and other vulnerable populations in Brainerd, MN and the surrounding community.

Let's Talk education programming is based in topic areas including: birth control, sexually transmitted infections (STIs), reproductive anatomy, consent, healthy relationships, parent workshops and identity. *Let's Talk* educators are trained facilitators, giving diverse options for activities, lesson plans and content when providing outreach education in the community to meet our commitment to provide medically accurate, evidence-based information to all.

All of the courses are 45-60 minutes, unless otherwise specified, and appropriate for grades 6-12.

Accessibility is a core value. We suggest a \$50-\$100 donation per class.

COURSES:

1

Healthy Relationships

By the end of this lesson, participants will understand:

- The importance of all types of relationships, including romantic, familial, friendship, and professional, and what shapes them.
- The spectrum of healthy, unhealthy, and abusive relationship qualities.
- How to differentiate between a healthy, unhealthy, and abusive scenario.
- The warning signs of an abusive relationship.
- How to set healthy digital, emotional, and physical boundaries, handle emotions, and make responsible choices.

2

Consent

By the end of this lesson, participants will understand:

- The components and importance of consent in a variety of developmentally appropriate scenarios.
- State laws relevant to consent.
- How to check in and give and receive consent appropriately
- The situations in which people should stop, pause, and talk, or keep communicating.
- How to analyze techniques that are used to coerce or pressure, and why it is wrong to trick, threaten, or coerce another person into doing something.
- Why it is an individual's responsibility to ensure that interactions are mutually consensual, emphasizing the importance of ongoing, clear, and enthusiastic agreement.



COURSES:

3

Identity

By the end of this lesson, participants will understand:

- That identity is a complex and evolving concept that includes many different aspects of who we are.
- How identity is shaped by societal norms, cultural expectations, family dynamics, and external factors like media and peer influences.
- The differences between four contributing factors to individual's 'identity': biological sex, gender identity, gender expression, and sexual orientation.
- How identity influences the challenges people face and the advantages some individuals or groups may have.
- To recognize, respect, and appreciate individuality and the diverse range of identities that exist.

4

Reproductive Anatomy

This class is suggested to be 120 minutes, or two 60 minute sessions, allowing time for both lecture and activity. By the end of this lesson, participants will understand:

- Anatomical structures of all people.
- Basic physiological processes of menstruation, fertilization, and pregnancy.



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5

Sexually Transmitted Infections/Diseases (STI's/STD's)

By the end of this lesson, participants will understand:

- Differences between curable and treatable sexually transmitted infections.
- Causes, symptoms, long-term effects, and testing approaches for a variety of common and preventable sexually transmitted infections.
- Strategies to prevent STI transmission.

6

Birth Control

By the end of this lesson, participants will understand:

- Common birth control methods.
- The approximate effectiveness of common birth control methods.
- How to access all birth control methods.

7

Hygiene & Puberty

By the end of this lesson, participants will be able to:

- Understand the physical changes that occur during puberty and how these changes impact personal hygiene.
- Identify and describe key hygiene practices to maintain health and well-being during puberty.
- The emotional and social changes that come with puberty and how to navigate these changes while maintaining self-care.

8

Improving School Health

By the end of this lesson, participants will be able to:

- Encourage the school environment to promote the health of others.
- Persuade and support others to avoid or reduce risky behaviors.
- Use peer and societal norms to formulate health enhancing messages about avoiding or reducing risky sexual behaviors.

9

Undoing Gender Stereotypes

By the end of this lesson, participants will be able to:

- Analyze the influence of friends, family, media, society and culture on the expression of gender.
- Analyze how peer and perceptions of norms influence healthy and unhealthy behaviors and relationships.
- Name at least one way in which gender stereotypes may limit ones ability to make healthy decisions.

10

Theater Programming

WeARE collaborates with theater companies to bring theater and activities into the classroom. Sessions promote social and emotional learning, development of self advocacy skills and provide age appropriate sexual health education.

This program is typically geared towards 8th and 9th graders. Programming is flexible. For more information please email: chloe.wearebrainerd@gmail.com



PARENT/ADULT COURSES:

1

Preventing Sexual Violence in Children

Class time 40-50 minutes. Available for all adults and/or parents. Focus for parents/adults with children age 0-5. By the end of this lesson, participants will understand:

- Normal sexual development in children age 0-5.
- Several ways to prevent sexual violence in children age 0-5.
- Risk factors associated with sexual violence in children age 0-5.
- How to teach consent to children appropriately and effectively.

2

Let's Talk...to Our Kids!

Early conversations about sexual health send the message that sexuality is a healthy part of life. By the end of this lesson, parents will be able to:

- Use effective communication with your child about sexual health focusing on medically accurate information.
- Understand phases of sexual development (including specific behaviors and what age to expect them), and how to manage them while teaching children about sexual health for the very first time.

Ready to schedule a class or have more questions? Please reach out to:



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