



Let's
Talk
About . . .

Updated *October 2008*

Sample Activities for Groups

Activities for Young People

[Examining Gender Roles](#) - 45 minutes

To help students explore gender roles and stereotypes, and to help them appreciate gender differences and similarities

[Desensitizing](#) - flexible

To increase participants' comfort level with sexuality terminology in general, or with terminology related to a specific topic

[Where's Your Line?](#) - 30-45 minutes

To define and describe different ways in which people are intimate, and evaluate risky and non-risky behaviors

[Creating Positive Adolescent Sexuality Messages](#) - 45 minutes

To look at advertising and media messages critically, to display knowledge of the difference between positive and negative media messages, and to demonstrate an understanding of the impact of media messages by creating a positive message with a positive image

[STI Review](#) - 10 minutes

To review signs, symptoms and treatment of common sexually transmitted infections

[The M&M Game](#) - 15-45 minutes (icebreaker)

To demonstrate a clear understanding of the definition of "sexual contact," modes of transmission, risk factors, and risk reduction, and the difference between bacterial and viral infections

[Cheeseburgers and Parenting](#) - 15-20 minutes

To recognize the importance of skills and characteristics needed for parenting, and the value of acquiring them before becoming a parent

[Read Around: Sexual Orientation](#) - 15-30 minutes

To create awareness of and sensitization to the impact of hurtful words and behavior directed at people who are, or perceived to be, gay/lesbian/bisexual/transgender

[Make A Commercial!](#) - 30 minutes

To increase knowledge of the topic presented, to increase confidence and comfort in presenting the information



Making Difficult Decisions

To use the decision-making model to make a difficult decision

Contraceptive Options - 80 minutes

To discuss the benefits of abstinence, to identify and explain the use of at least three methods of contraception, to identify the availability of these methods in the community, and to discuss the optimal time to communicate with partners about contraceptive use

Puberty and Growing Up - 60 minutes

To describe the basic physical changes that occurs on the outside and inside of the body during puberty, to describe the basic emotional changes that occur during puberty, and to identify ways to manage or handle these changes

Condom Wise - 30-45 minutes

To establish a group norm that using condoms is the recommended choice for sexually active youth, to encourage youth who are surrounded by negative condom use norms to stay committed to their positive attitudes about condom use, and to introduce the concept of committing to use condoms for at least the first six months of a sexual relationship

Sex and Sexuality: Understanding the Difference - 45 minutes

To distinguish the differences between the terms "sex" and "sexuality," to explore the different components of sexuality, and to identify different sources of sexual learning

When Is It Okay? - 55-60 minutes

To explain to a friend that forcing someone to have sex is never okay, and to identify ways to reduce the risk of being raped or raping someone

Family Messages - 40-50 minutes

To identify values learned from families and to explore one's own values

Introduction to Sexuality - 15-20 minutes

To introduce the concept of sexuality and provide an opportunity to identify messages about sexuality

Reproduction 101 - 45 minutes

To increase knowledge of the male and female genitalia and reproductive systems

Circles of Human Sexuality - 45 minutes

To develop and understand a broad definition of sexuality

Contraceptive Commercials - 40-50 minutes

To explore the advantages of various methods of nonprescription contraception

Body Image - 40-50 minutes

To increase each teen's awareness of his/her physical self and the media influences on her/his self-image and behavior

Activities for Parent Groups

[Taller para Padres: Desarrollo en La Pubertad y La Adolescencia](#)

(a puberty workshop for parents in Spanish)

La siguiente actividad es para los padres de familia. Esta actividad es designada para apoyar a los padres a comprender los cambios físicos y emocionales los cuales ocurren en adolescentes durante la pubertad.

[Puberty and Adolescent Development](#) - 90 minutes

To describe the physical and emotional changes that occur in adolescents during puberty and to comfortably answer common questions about puberty

[Talking with Your Child about Sexuality](#) - 90 minutes

To define sexuality, to identify key personal and spiritual values wanted to share with children about sexuality, and to demonstrate the use of teachable moments to share values and information

[The Board Meeting](#) - 60-75 minutes

To explain why providing contraceptive education can be a controversial issue, to list possible pros and cons of providing teens with contraceptive education, to practice being in an advocate role for policy change in an organization, and to practice making controversial decisions in a mock board of directors meeting

[Examining Gender Roles](#) - 45 minutes

To help students explore gender roles and stereotypes, and to help them appreciate gender differences and similarities

[Desensitizing](#) - flexible

To increase participants' comfort level with sexuality terminology in general, or with terminology related to a specific topic

[Where's Your Line?](#) - 30-45 minutes

To define and describe different ways in which people are intimate, and evaluate risky and non-risky behaviors

[Cheeseburgers and Parenting](#) - 15-20 minutes

To recognize the importance of skills and characteristics needed for parenting, and the value of acquiring them before becoming a parent

[Read Around: Sexual Orientation](#) - 15-30 minutes

To create awareness of and sensitization to the impact of hurtful words and behavior directed at people who are, or perceived to be, gay/lesbian/bisexual/transgender

[Make A Commercial!](#) - 30 minutes

To increase knowledge of the topic presented, to increase confidence and comfort in presenting the information

Contraceptive Options - 80 minutes

To discuss the benefits of abstinence, to identify and explain the use of at least three methods of contraception, to identify the availability of these methods in the community, and to discuss the optimal time to communicate with partners about contraceptive use

Sex and Sexuality: Understanding the Difference - 45 minutes

To distinguish the differences between the terms "sex" and "sexuality," to explore the different components of sexuality, and to identify different sources of sexual learning

Family Messages - 40-50 minutes

To identify values learned from families and to explore one's own values

Circles of Human Sexuality - 45 minutes

To develop and understand a broad definition of sexuality

Contraceptive Commercials - 40-50 minutes

To explore the advantages of various methods of nonprescription contraception

The River - 20-25 minutes

To remind adults of the pressures that teens may be facing

Activities for Professional Groups

The Board Meeting - 60-75 minutes

To explain why providing contraceptive education can be a controversial issue, to list possible pros and cons of providing teens with contraceptive education, to practice being in an advocate role for policy change in an organization, and to practice making controversial decisions in a mock board of directors meeting

Make A Commercial! - 30 minutes

To increase knowledge of the topic presented, to increase confidence and comfort in presenting the information

Additional Professional Activity One informative activity to do with professionals who will teach sexual health information is to ask questions related to their perceptions of sexuality. This can be done in a circle dialogue format where everyone has a chance to talk and speak only when they have the designated talking piece. Questions can relate to personal experience learning about sexuality, dating, and discomfort with sex topics. A good facilitator is needed to process how these personal perceptions can impact teaching styles in group settings.