



MAZZONI CENTER
LGBTQ HEALTH AND WELL-BEING

YES, P.L.E.A.S.E! SESSION DESCRIPTIONS

PURPOSEFUL, LIBERATING, ENJOYABLE ADOLESCENT SEXUALITY EDUCATION

Mazzoni Center's Yes, PLEASE! healthy sexuality series empowers young people to make healthy decisions by developing critical thinking and increasing their knowledge of sexuality and sexual health. Students will be given the chance to explore their relationships, behaviors, feelings, and values in an affirming, sex-positive, and interactive way.

To request our workshops [please submit a formal request online](#).
Email youthprograms@mazzonicenter.org with any questions regarding

Yes, PLEASE! Healthy sexuality series programming.

Thank you and we hope to hear from you soon!

SESSIONS FOR GRADES 7-12

1. SELF-ESTEEM

This first session prioritizes the “self” and calls youth to look inward and identify areas where they feel most confident, powerful, and affirmed. Through guided interactive activities, students will be able to define self-esteem, self-worth, and self-image. They will reflect on their unique qualities and develop methods to care for themselves and boost self-esteem amidst the pressures of growing up. Students will learn about local resources to help support their physical, mental, and emotional well-being.

2. GENDER AND SEXUALITY FUNDAMENTALS

This course centers and prioritizes LGBTQIA+ identities, experiences, and their safety. Students will be introduced to the differences between gender expression, assigned sex, gender identity, and sexual orientation. Discussion topics include using gender-neutral language and applying pronoun best practices.

3. BRAINS AND BIASES – HOW WE CAN CREATE SAFER SPACES

This workshop provides students with the opportunity to unpack their own personal biases and address how they interact with others in their world. All humans are hard-wired to have biases, but we do not have to believe or act upon those initial thoughts. Terms discussed include stereotypes, bias, prejudice, and how they can lead to racism, sexism, homophobia, and transphobia. By creating space, youth may begin to break down their own stigmas and shame.

4. HEALTHY RELATIONSHIPS

This session gives students an opportunity to brainstorm important components of the many types of relationships they have in their lives (peers, friends, family, sweethearts). Youth will determine what they value in their own relationships and what elements make a relationship healthy, unhealthy, or abusive by referencing age-appropriate real-life scenarios. They will craft a safety plan and gain resources should they or someone they know find themselves in an unhealthy or abusive relationship.

5. CONSENT AND COMMUNICATION

This workshop reframes conversation around consent to an ongoing, mutual exchange between participating parties. Through guided discussions and interactive games, students will work together to define consent for both sexual and nonsexual contexts. They will practice negotiating consent, communicating their boundaries effectively, and learn relevant Pennsylvania laws that define the age of consent. Finally, they will craft a safety plan featuring resources and trusted adults that they can turn to if their consent is breached.

6. DIGITAL DECISION-MAKING

This workshop empowers students to make responsible decisions online and keep themselves safe in the context of our increasingly digitized world. Students will be introduced to the concept of a “digital footprint” and asked to reflect on their own. Topics include legal and social repercussions of sexting, cyberbullying, and social media privacy. Through games and discussions, participants can practice steps to take if they find themselves in an unsafe situation online.

7. KNOWING YOUR BODY

Everybody has a body, some of our parts are the same and some are different. This session seeks to destigmatize the changes that happen to most bodies during puberty. Healthy bodies look different for everyone, and only you know if you feel healthy in your body and brain.

8. SAFER SEX PRACTICES PART 1: UNDERSTANDING REPRODUCTION AND BIRTH CONTROL

This workshop reviews myths and facts about pregnancy. Participants will compare multiple forms of birth control options, how they work, their effectiveness rate, STI protection, cost, and accessibility.

9. SAFER SEX PRACTICES PART 2: STI PREVENTION & REDUCTION

This workshop defines sexually transmitted infections (STIs) and introduces methods for preventing STI transmission and sustaining sexual health. Discussions include a general overview of the signs and symptoms of STIs, safer sex methods, exposing popular myths about safe sex practices, and recognizing the importance of informed decisions. Students will be able to identify which sexual behaviors have the lowest risk of STI transmission and/or pregnancy and explore methods of risk reduction.

***Please note: This session does feature condom demonstrations. If you do not wish to have a demonstration or condoms available for youth, please inform your facilitator prior to scheduling.*

10. SAFER SEX PRACTICES PART 3: HIV 101

Students will be provided with facts, skills, and the opportunity to understand HIV composition, transmission, prevention, and treatments including PrEP and PEP. In an HIV status-inclusive space, this workshop also deconstructs myths and stereotypes about HIV to end stigma and improve conditions for HIV+ individuals.

11. SEXUAL DECISION-MAKING

In this final workshop, students will reflect on their own definitions of sex positivity and through activities and resource education, recognize their own autonomy in choosing resources in the future. Students will consider their preferences around sexual behaviors and ways to communicate their thoughts and feelings with others. This session is focused more on social and interpersonal skills than physical tools from sessions 8-10.