



## YES, PLEASE! SESSION DESCRIPTIONS

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### 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, increasing their knowledge of sexuality and sexual health and think about and evaluate their sexual decision-making, relationships, behaviors, feelings and values. All done in an affirming, sex-positive, activity based, interactive way! Below is a brief description of each session, including objectives, and principles highlighted.

#### PLEASE NOTE:

*Workshops are typically facilitated in classroom-based settings for youth ages 13-24. Exceptions can be made for slightly younger or older audiences. Please reach out to [youthprograms@mazzonicenter.org](mailto:youthprograms@mazzonicenter.org) with any questions regarding the Yes, PLEASE! healthy sexuality series programming.*

### 1. SELF-WORTH

**Description:**

This first session prioritizes the “self” and calls youth to look inward. Through guided interactive activities, youth learn the difference between self-confidence, self-esteem, and self-worth and why they ALL are important to healthy lives and empowered sexual decisions.

**Objectives:**

1. Students will be able to use correct gender pronouns.
2. Students will be able to explain the difference between self-confidence and self-worth.
3. Students will be able to identify two best practices for self-care.

**Principles Highlighted:**

*autonomy/choice, pleasure, trust/comfort, self-efficacy, respect, self-determination*

## 2. IMPLICIT BIAS

**Description:**

This workshop continues the conversation of the “self” and relates the “self” to “others.” Particularly, this workshop allows students the opportunity to unpack their own personal biases and address how they interact with others in the world. By creating this space, youth may begin to break down stigma and shame.

**Objectives:**

1. Students will be able to define bias & prejudice, and understand what is meant by “implicit.”
2. Students will be able to recognize their own implicit biases.
3. Students will be able to identify the ways in which bias & prejudice impact relationships and interactions with those around us.
4. Students will be able to identify strategies to unlearn bias & prejudice, and how to create a more inclusive world.

**Principles Highlighted:**

*intersectionality, diversity, stigma, internalized shame, stereotypes, community, personal responsibility, empathy*

## 3. ATTRACTION

**Description:**

This workshop aims to educate youth on the meaning and navigation of romantic/sexual attraction. Activities are geared toward the discovery of what attraction means for the individual.

**Objectives:**

1. Students will be able to recognize the variety of ways people experience attraction toward others.
2. Students will be able to explain the ways in which they experience and express their own attraction.
3. Students will be able to describe the similarities and differences between sexual identity vs. sexual behavior.

**Principles Highlighted:**

*pleasure, accuracy, value-neutral/stigma-free, terminology, self-efficacy, TLGBQ inclusivity*

## 4. SEX & GENDER

**Description:**

This workshop confronts gender stereotypes and expectations. Self-exploratory activities assist students in exploring their own gender expression and identity in relation to society's norms and expectations. Evidence-based explanations of sex & gender spectrums are provided.

**Objectives:**

1. Students will be able to differentiate between assigned sex & gender identity.
2. Students will be able to explore gender expression as its own entity.
3. Students will be able to identify the differences between gender identity and gender expectations.

**Principles Highlighted:**

*implicit biases, stereotypes, intersectionality, accuracy, self-efficacy, value-neutral/stigma-free, TLGBQ inclusivity*

## 5. DEGENERATING BODIES

**Description:**

This workshop expands upon the fluidity of sex and gender by deconstructing ideas of gender assignment and body parts. Intersex identities and reproductive similarities are highlighted with interactive and community-based activities.

**Objectives:**

1. Students will be able to identify the similarities & differences between internal and external reproductive systems.
2. Students will be able to recognize the stigma surrounding reproductive anatomy.
3. Students will be able to respond to shame associated around bodies.

**Principles Highlighted:**

*scientific accuracy, value-neutral/stigma-free, respect, TLGBQ inclusion, self-efficacy, communication, intersectionality, biology*

## 6. HIV 101

**Description:**

This workshop provides students with the education, skills, and opportunity to understand HIV composition, transmission, prevention, and care and treatment. In an HIV status-inclusive space, this workshop also deconstructs myths and stereotypes about HIV to end stigma and improve conditions for HIV+ individuals.

**Objectives:**

1. Students will be able to explain methods of virus transmission, and ways to protect themselves (PrEP).
2. Students will be able to recognize the differences between HIV and AIDS.
3. Students will be able to distinguish the many myths and misconceptions about HIV and AIDS.
4. Students will be able to unpack HIV stigma.

**Principles Highlighted:**

*autonomy/choice, value-neutral/stigma-free, respect, self-efficacy, scientific accuracy, resource access*

## 7. SEXUAL DECISION-MAKING

**Description:**

This workshop focuses on methods for preventing STI transmission and sustaining sexual health. Discussions include safer sex methods, exposing popular myths about safe sex practices, and recognizing the importance of informed decisions.

*\*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.*

**Objectives:**

1. 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.
2. Students will be able to explain effective methods of protection and prevention.
3. Students will be able to utilize the “safe sex” toolkit in their own sex lives.

**Principles Highlighted:**

*autonomy/choice, accessibility, pleasure, accuracy, value-neutral/stigma-free, self-efficacy, resource access*

## 8. SEXUAL EMPOWERMENT

**Description:**

This session is focused more on social, interpersonal skills than physical tools, as per session 7. Sexual Empowerment is about linking our own self-worth to our sexual choices. When youth discover their own boundaries and are able to communicate those boundaries to others, sexual liberation can occur.

*\*Please note: This session cannot be facilitated on its own. It is meant to bridge the content between workshops 7 (Sexual Decision-Making) and 9 (Consent & Communication).*

**Objectives:**

1. Students will be able to make informed decisions about specific sexual behaviors.
2. Students will be able to apply communication skills to conversations about sex.
3. Students will be able to evaluate personal sexual behavior preferences.

**Principles Highlighted:**

*autonomy/choice, accessibility, pleasure, accuracy, value-neutral/stigma-free, trust/comfort, communication*

## 9. CONSENT & COMMUNICATION

**Description:**

This workshop reframes conversation around consent to an ongoing, mutual exchange between participating parties. Through media and case scenarios, youth are encouraged to build empathy and mutual responsibility during sexual encounters, aiming to foster a healthy environment of exploration and collaboration.

**Objectives:**

1. Students will be able to differentiate between affirmative and non-consensual behaviors with both verbal and non-verbal signifiers.
2. Students will be able to demonstrate knowledge of negotiation skills.
3. Students will be able to identify situations of equal exchange in case scenarios.

**Principles Highlighted:**

*pleasure, trust/comfort, autonomy/choice, accuracy, value neutral/stigma-free, self-efficacy, communication, TLGBQ inclusivity*

## 10. DIGITAL DECISION-MAKING

**Description:**

This workshop explores a number of social media platforms available online and how they can be misused. Topics address repercussions of sexting & cyberbullying and illustrate safe online behavior and explains healthy online interactions. Through games and discussions participants can practice what avenues to take if there is a risk for unhealthy online behavior.

**Objectives:**

1. Students will be able to identify the ways in which social media platforms can be misused/abused.
2. Students will be able to understand PA state sexting laws and implications for student's online behavior.
3. Students will be able to apply methods for safer online interactions with peers and the wider public.

**Principles Highlighted:**

*accessibility, accuracy, value neutral/stigma-free, self-efficacy, communication, resource access*

## 11. HEALTHY RELATIONSHIPS

**Description:**

The main goal of the Yes, PLEASE! Series is to foster healthy, independent, self-assured and empowered youth. It is with this vision that the culmination of the Yes, PLEASE! Series results in healthy relationships, with the aim of synthesizing all the skills gained during the course of the series.

**Objectives:**

1. Students will be able to identify their love language.
2. Students will be able to demonstrate constructive interpersonal interactions.
3. Students will be able to communicate their emotions effectively.

**Principles Highlighted:**

*accessibility, accuracy, value neutral/stigma-free, self-efficacy, communication, TLGBQ inclusivity*

**To request an individual workshop or full series, please submit a formal request online at [www.mazzonicenter.org](http://www.mazzonicenter.org) under "Education & Professional Development." We hope to hear from you soon!**