

Planned Parenthood of Maryland

# **INDIVIDUAL SESSIONS**

### **TOPICS COVERED (SUGGESTED FOR YOUNGER KIDS):**

- Female & Male Anatomy
- Pregnancy & Birth
- Puberty Changes
- Good Touch/Bad Touch

#### **TOPICS COVERED (SUGGESTED FOR OLDER KIDS):**

- Birth Control/Contraceptive Methods
- STD Prevention
- Healthy Relationships
- Consent & Boundaries
- Planning and Life Goals
- Abstinence & Negotiation
- Pregnancy Prevention
- Top 10 Rumors Around Sex
- Ambivalence Around Pregnancy

#### **TOPICS COVERED (SUGGESTED FOR ADULTS/PARENTS/SENIORS):**

- Contraceptive Options
- STD Prevention
- HIV/AIDS 101
- How To Talk With Your Kid About Sex
- Sexting 101
- Ambivalence Around Pregnancy
- Dating For Seniors: Looking For Love Later In Life

## **SERIES DETAILS:**

- 1 hour per session
- Maximum number of participants per class: 30
- Price: \$125 per program. Price covers: staff time, preparation, materials & travel.

We can customize a package to meet your needs. If you did not find the class you were looking for please contact us.

For more information or to schedule, please contact:

Lindsay Roemer
Health Educator and Trainer
Lindsay.Roemer@ppmaryland.org