



Professional Development

Safe at School

Age: Adults

This anti-harassment/anti-bullying program for educators and others working with youth promotes the wellbeing of LGBTQ+ youth and their peers at school. Educators learn about Utah law and policy and gain strategies for intervening, preventing and creating classrooms free of harassment based on perceived sexual orientation and gender expression. Transgender specific version is also available. Can also be taught in Spanish.

Foundations: Core Skills Training for Teaching Sex Education

Age: Adults

This training will help those who work with young people to develop the skills to teach sex education, including maintaining appropriate boundaries, managing values conflicts, and answering tough questions.



Find out what we can do for you!

For more information or to request a class, visit us online:

www.ppau.org



Planned Parenthood Association of Utah



Planned Parenthood of Utah Education Programs





Planned Parenthood educators are skilled at working with different populations. We can tailor programming to meet the needs of your family, group, classroom, organization, or individuals. Our programs are inclusive, safe, and respectful of a broad range of individual identities.

Year Round Programs

Teen Council

(Summit, Wasatch, Salt Lake Counties)

Age: Grades 10-12

Made up of a diverse student body from local schools, Teen Council teaches teens how to be peer health educators. Trained throughout the school year, our Teen Council members present in classes, create dialogue with their friends and family, and serve as a resource to their peers for accurate information on sexual and reproductive health. Teens also have the opportunity to contribute to ppauteens.tumblr.com, a blog about the role of film on the promotion of just and humane sexual attitudes and policies.

Teen Success

Weekly gatherings

Teen Success is a free support group for pregnant and parenting teens, where teens learn how to be the person and parent they want to be. Our weekly classes include healthy snacks and free childcare during class. Participants receive \$10 for every class they attend and \$50 for attending 12 weeks.



One Day Workshops & Series Classes

 : One day workshop

 : Series of classes

 : Either one day or series on request

Growing Up Comes First

Age: 9-12 and parents/caregivers

This medically accurate maturation program covers the mental, physical and cognitive changes of puberty. We cover three main topics: Puberty Changes, Communication and Boundaries, and Body Image and the Media.

Families Talking Together

Age: Parent/caregiver of child age 10-14

Available in English and Spanish

This program aims to increase parenting behaviors to impact adolescent sexual decision making by supporting parents in their role as the primary sexuality educators of their adolescents.

Parents Plus

Age: Adults

This program is designed to support parents in their role as the primary sexuality educators for their children. The program focuses on communication skills, values clarification, adolescent development and building sexual and reproductive health knowledge.



One Day Workshops & Series Classes cont.

Get Real

Age: Grades 6-12

This inclusive curriculum emphasizes social and emotional skills as a key component of healthy relationships and responsible decision making. It is shown to delay sex among middle and high school students, empower parents to help their kids delay sex, reinforce family communication, and improve communication skills for healthy relationships.

Be Smart, Be Safe, Be You

Age: 12-18

Available in English and Spanish

Utilizing active learning strategies, this program builds decision making skills, improves sexual health knowledge, and informs youth of community resources.

Making Proud Choices!

Age: 12-18

This HIV/STD and pregnancy prevention curriculum aims to help young people develop critical thinking skills on how STD/HIV infection and unintended pregnancy would be barriers to their future goals.

INcluded

Age: 14-19, LGBTQ

This program is designed specifically for LGBTQ+ young people with the goals of increasing LGBTQ+ youth's sexual health and confidence in accessing sexual healthcare. INcluded peer educators teach about sexual safety and how to talk to a doctor about sexual health needs.

LiFT (Linking Families & Teens)

Age: Grades 9-12 and parenting adult

Available in English and Spanish

This family connection program is for high school teens and their parenting adult living in rural communities. Participants are empowered to share family values, strengthen bonds, and talk about the tough stuff - sexual health and healthy relationships. All participants receive financial incentives.

Adult Healthy Sexuality

Age: Adults

This program offers improved sexual health knowledge and promotes responsible and healthy behavior.