

Planned Parenthood of Metropolitan New Jersey Education Department

High School

Each package contains 3 workshops and is \$600. Book two or more packages and receive a \$100 discount! Workshops are 45-60 min, each with a student to facilitator ratio of no more than 30:1.

Package A: The Basics

Intro to Sexuality Education

Exploration of values, culture, and understanding of sexuality as more than just the act of s-e-x.

Reproductive Anatomy

Internal and external organs and how they work. Processes such as menstruation, ovulation, and ejaculation explained.

LGBTQ+ Beyond the Binary

Difference between sex, gender, identity, expression, and attraction. Allyship & resources.

Package B: Safer Sex

Pregnancy & Childbirth

How pregnancy occurs, fetal development, childbirth stages, basics of pregnancy prevention

Birth Control

20 options including abstinence, hormonal & barrier methods, and lifestyle choices.

Sexually Transmitted Infections

Types, transmission, symptoms, prevention, treatment, and destigmatization of STIs (aka STDs).

Package C: Relationships

Healthy Relationships

Characteristics of supportive relationships, red & green flags, teen dating violence.

Consent & Communication

What is and is not consent, how to ask for it, how to set boundaries, and the laws in NJ

Internet Literacy & Safety

Social media, pornography, and sexting and their impact on sexual development.

Package D: Reproductive Rights

Pregnancy Options

Four options for unintended pregnancies, including abortion, and destigmatizing young parents

Abortion Access and NJ Law

The landscape of abortion laws across the country, focusing on resources for people seeking abortions in NJ.

Reproductive Justice: Beyond Rights & Choice

Explanation of the human rights-based RJ framework, including a brief history of the reproductive rights movement and examples of reproductive oppression

Interested in switching it up? Ask about mix and match!

To book a workshop series, call 973-622-3900 ext 1221 or
email us at sex.education@ppmnj.org

www.ppmnj.org



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