



How to Throw a Pizza Protection Party




Karen Torres and Cassandra Smith



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Group Agreements

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About RHAP


We are a sexual and reproductive health program partnered with El Rio Health that increases access to quality and confidential SRH services and education to youth ages 14-24.

Free/Low-cost services at teen clinics <ul style="list-style-type: none"> • Birth control • STI testing/treatment • Pregnancy testing/counseling • PrEP and PEP 	Affirming Wardrobe Period Mailing Project	Peer Sexuality Education <ul style="list-style-type: none"> • Teen Clinics • Pizza Protection Parties
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Mission



Our mission is to empower young people by providing the information, services, and support they need to make informed decisions about their sexual and reproductive health.

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Role of Peer Educators

- Increase comfort to connect with youth
- Build trust
- Empower others and themselves to take on leadership roles in their communities
- Change the way our generation navigates sexuality and health
- Allow young people to create an impact and raise awareness of issues that effect their lives



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How to be a Youth leader/Peer educator

- 01.**
Be knowledgeable
- 02.**
Value Inclusivity
- 03.**
Use Trauma-Informed Practices
- 04.**
Empower Others

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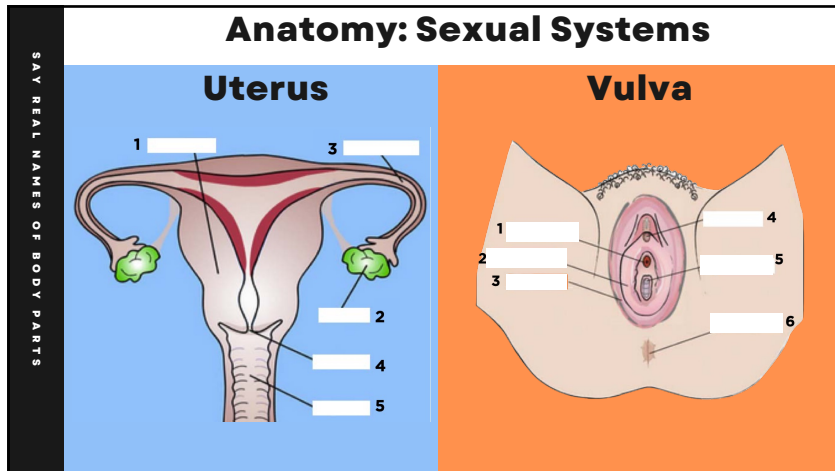
How to make it less awkward!

- 01.**
Say the REAL names of Body Parts
- 02.**
Know How to Answer Questions and when to not answer them
- 03.**
Facilitation Techniques

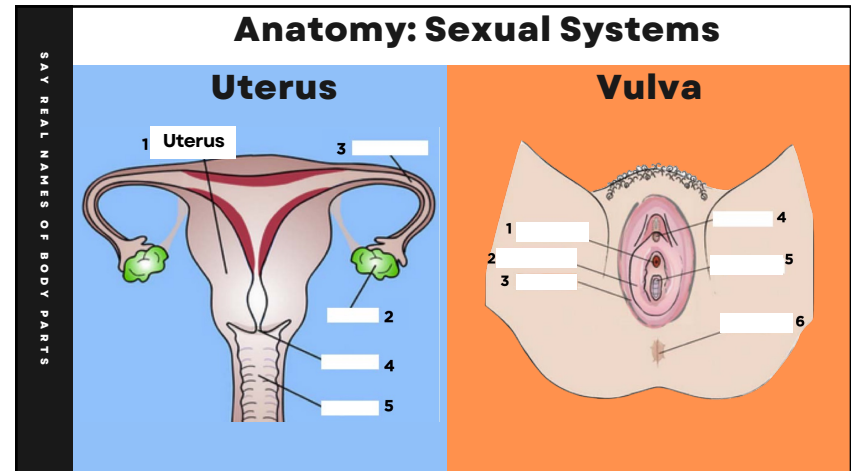
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Content Acknowledgement: drawings of genitals

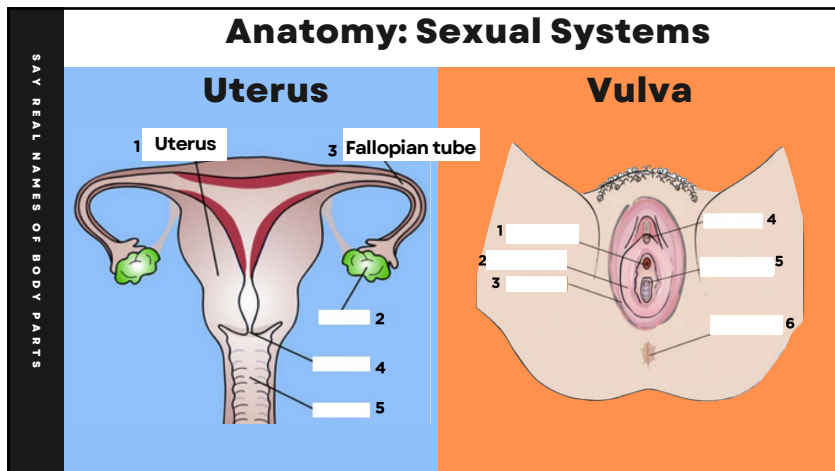
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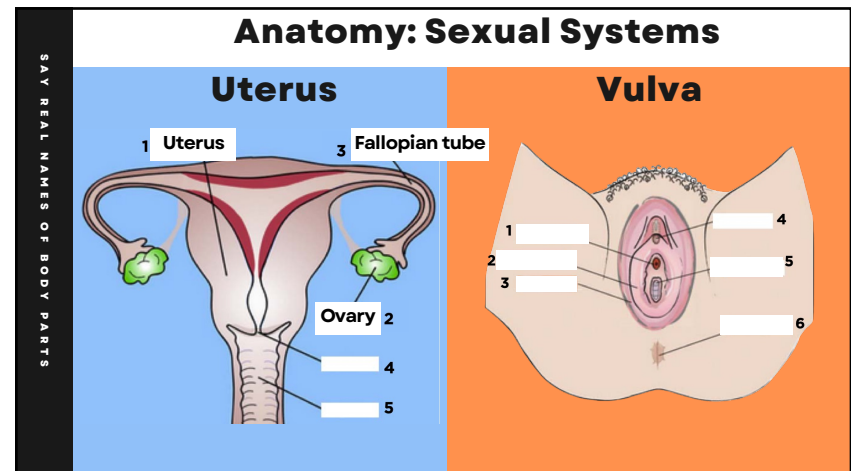
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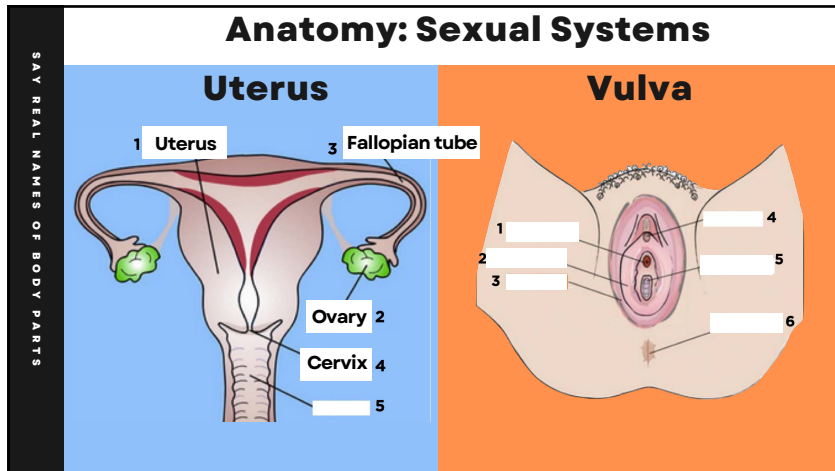
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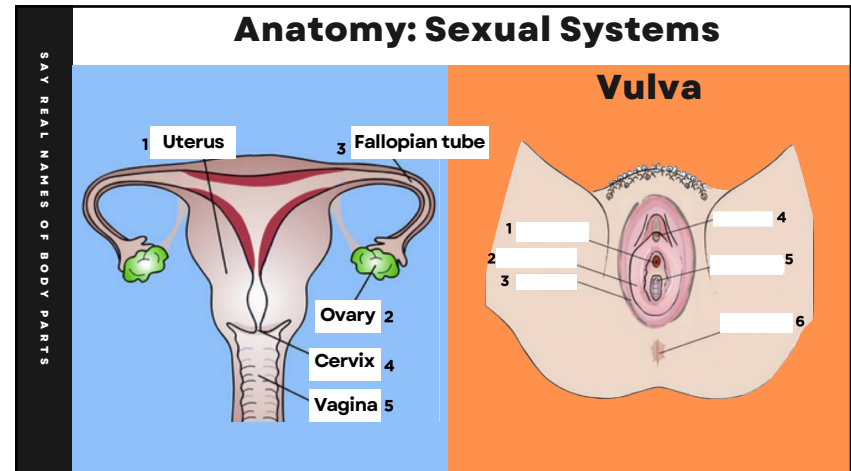
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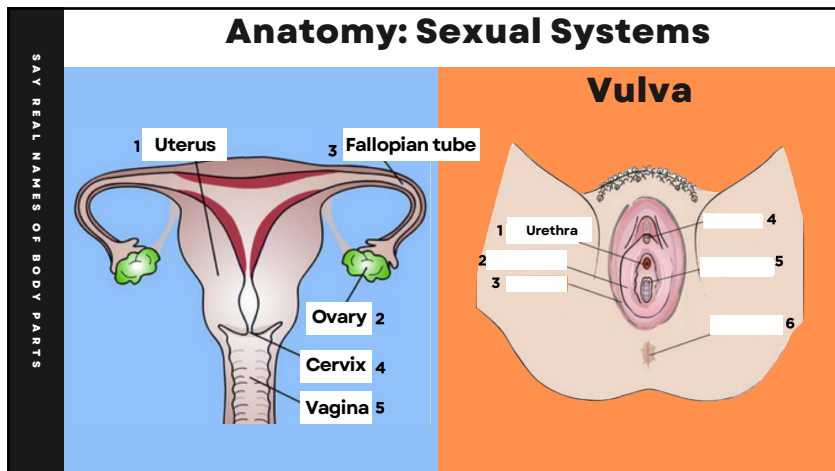
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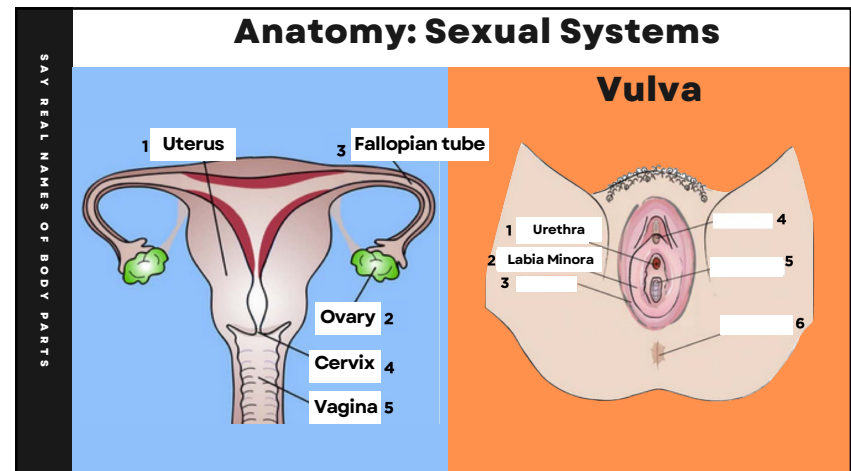
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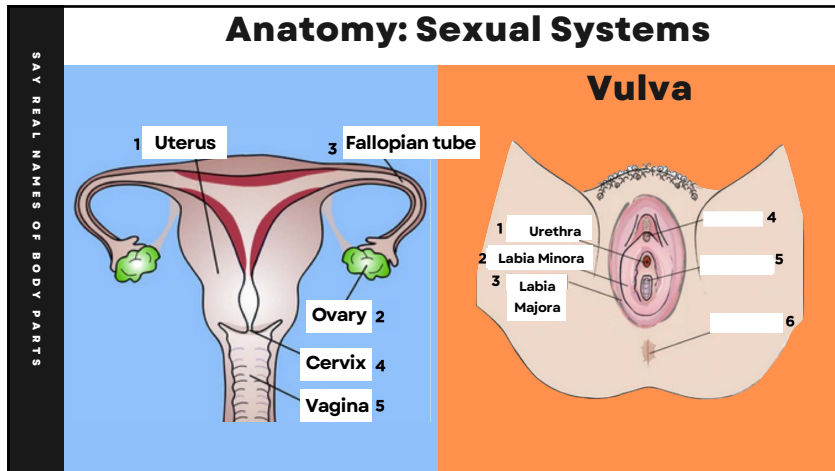
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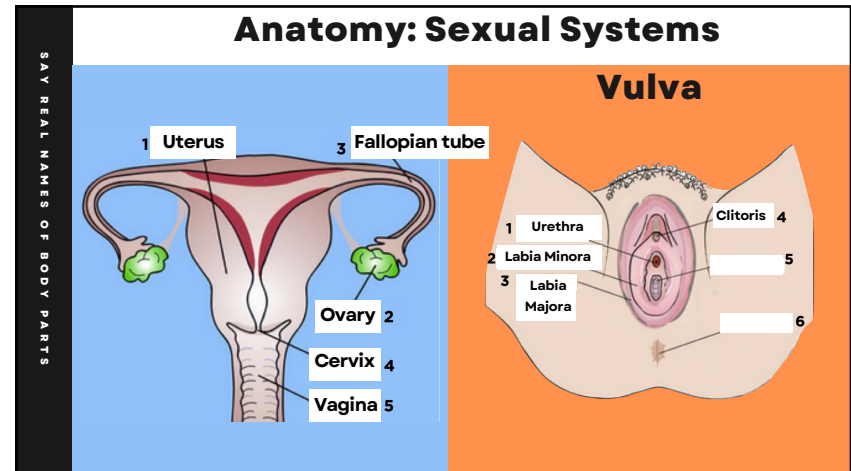
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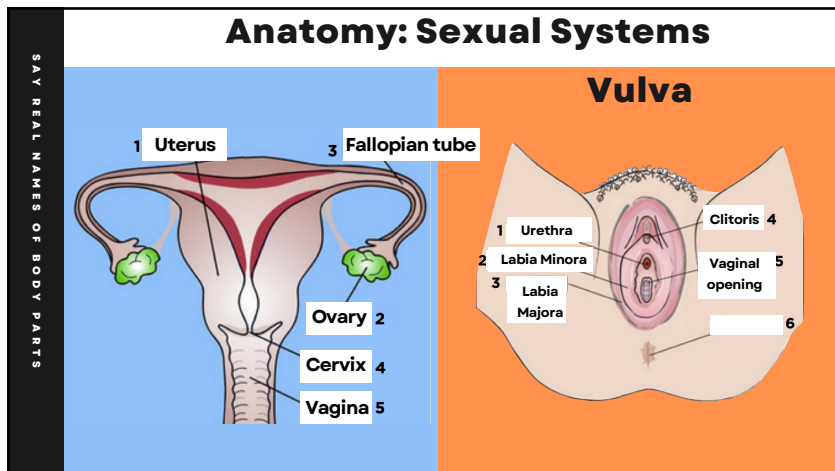
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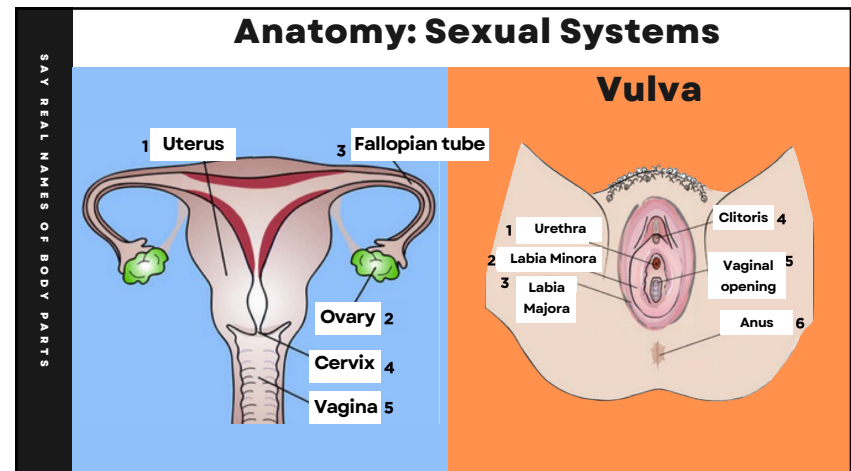
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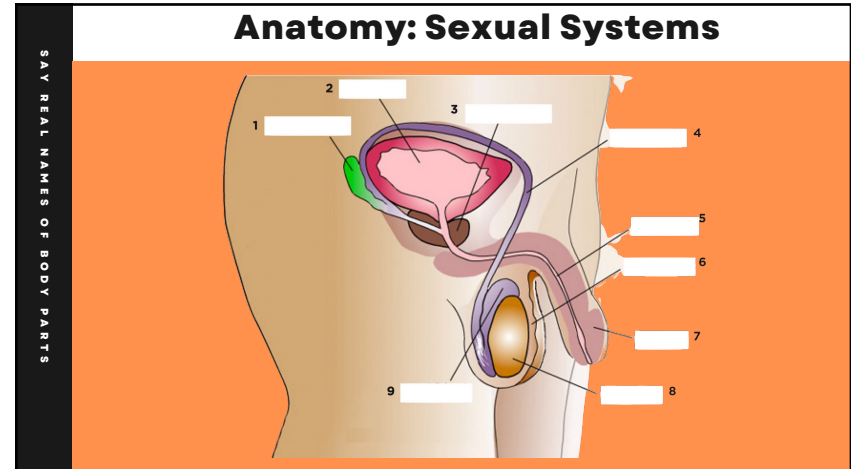
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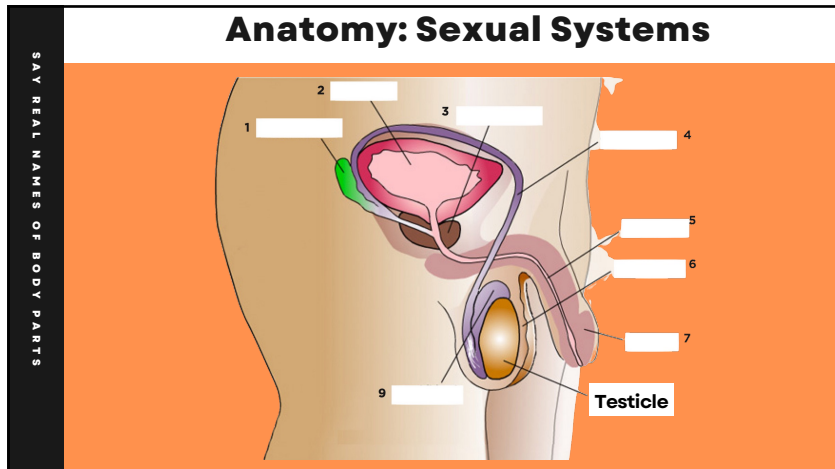
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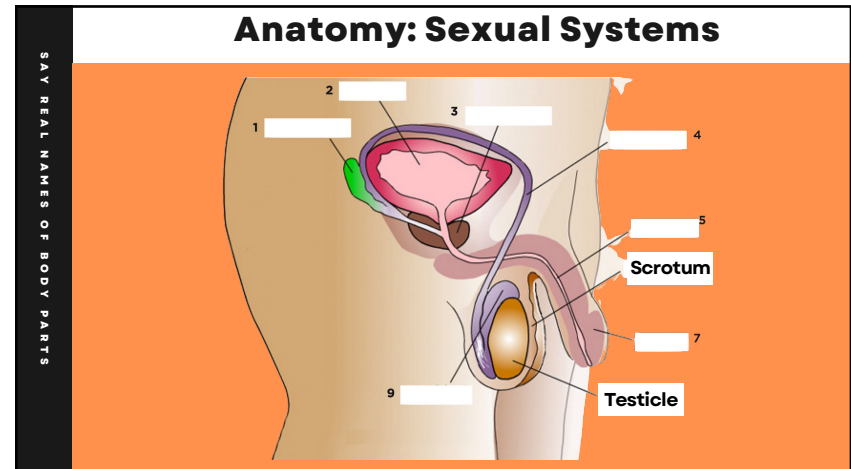
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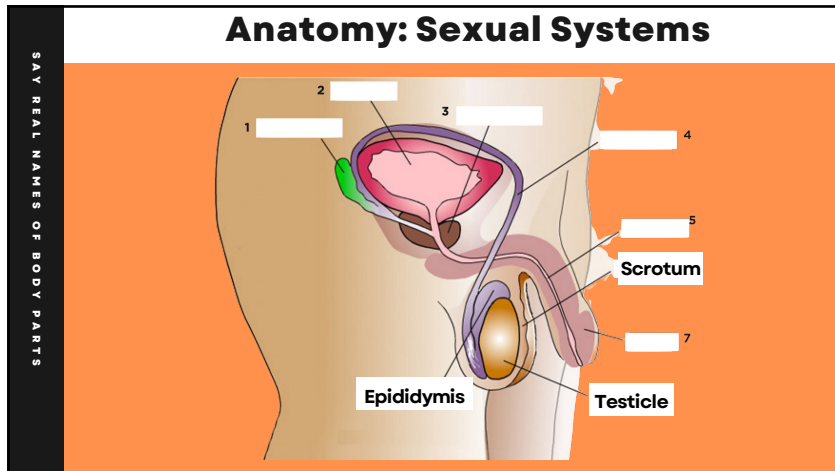
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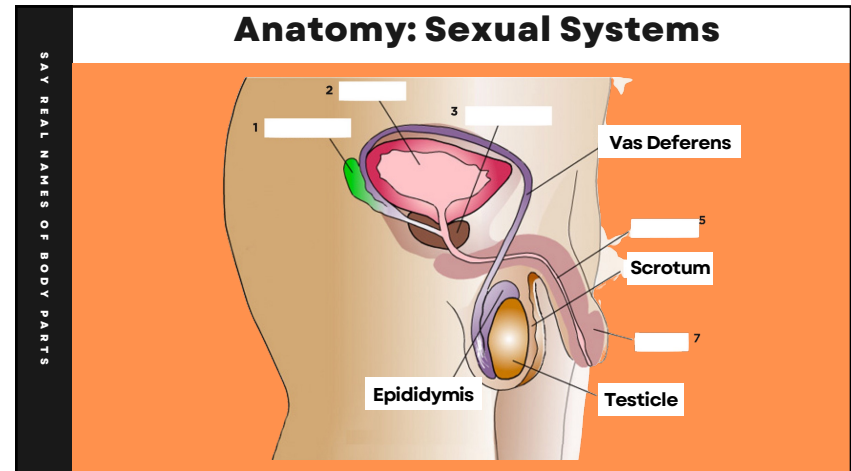
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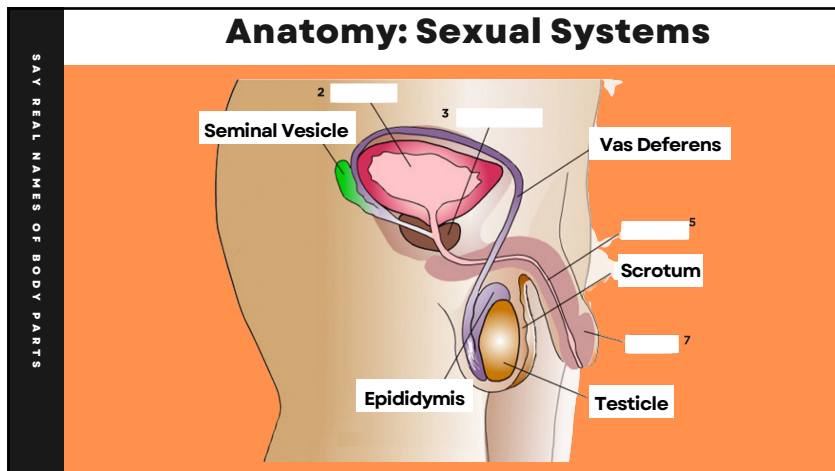
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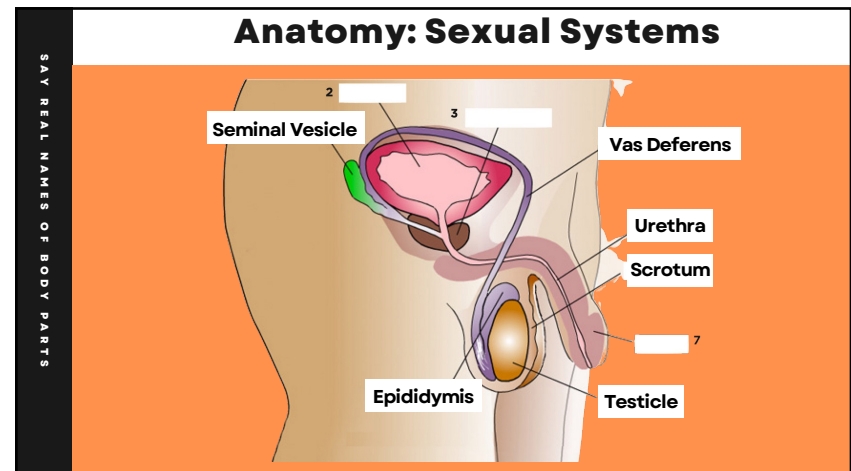
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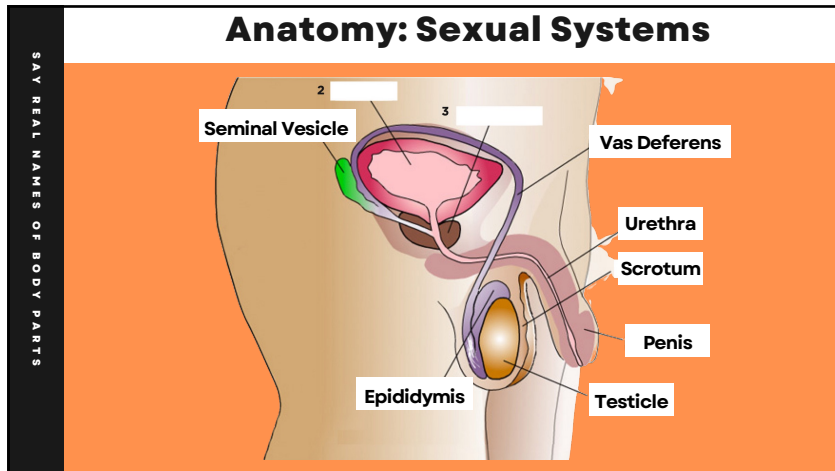
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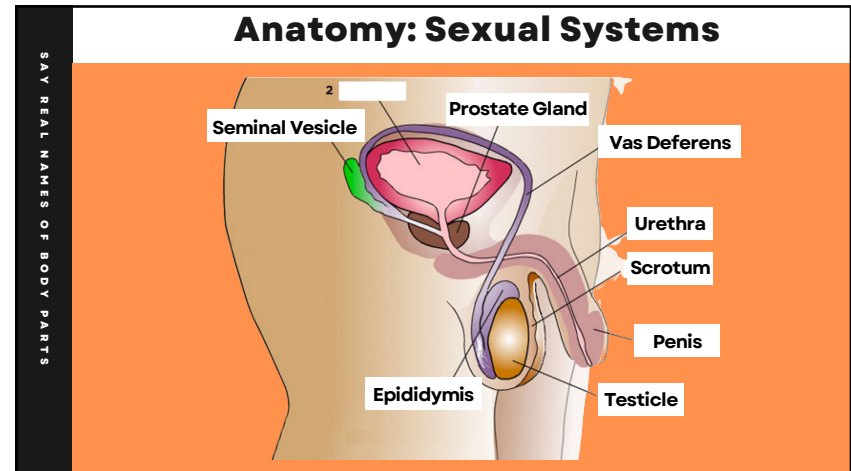
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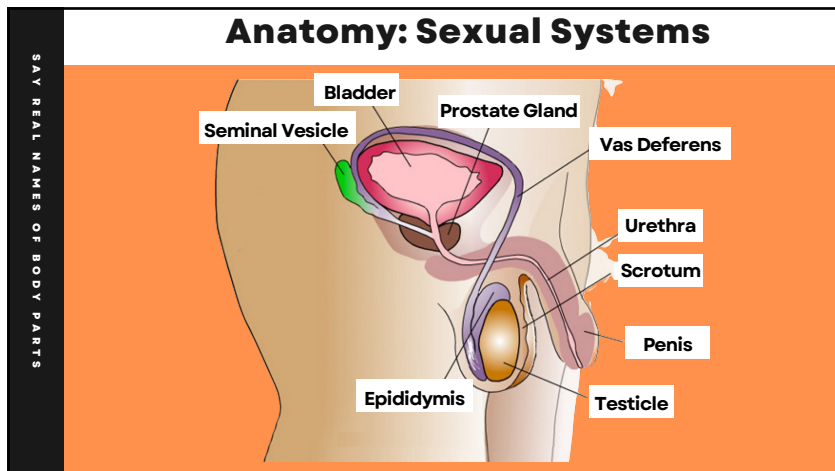
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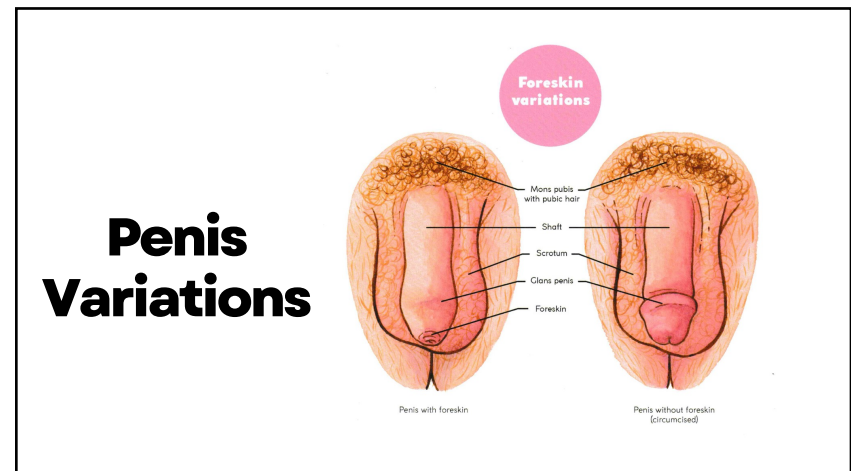
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How to make it less awkward!



- 01.**
Say the **REAL** names of Body Parts
- 02.**
Know How to Answer Questions and when to not answer them
- 03.**
Facilitation Techniques

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How to Answer Questions




Types of Questions:

- Factual Questions
- Am I Normal
- Personal Belief or Experience Questions
- Values-Based Questions
- Slang Word Questions

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How to Answer Questions




Types of Questions:

- **Factual Questions**
- Have answers you can find using a reliable source (textbook, sexual health website, etc.)
- Use your judgement about how much detail to provide

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What's a clitoris for?


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How to Answer Questions

Types of Questions:

2. Am I Normal

- Curious especially compared to their peers
- Want to be affirmed
- Share range of what's typical



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How to Answer Questions

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2. Am I Normal

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How often is it normal to masturbate?




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How to Answer Questions

Types of Questions:

3. Personal Belief or Experience Questions

- Want guidance from trusted adult
- Best to answer generally not with personal experience or advice
- Be careful about disclosing personal information



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How to Answer Questions

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When do you think is the right age to have sex?




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How to Answer Questions

Types of Questions:

4. Values-Based Questions

- Some people feel/believe this...
- While other people feel/believe this...
- You need to decide what you feel/believe and it can help to talk with a trusted adult




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How to Answer Questions

Types of Questions:

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- While other people feel/believe this...
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Is masturbation wrong?


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How to Answer Questions

Types of Questions:

5. Slang Word Questions

- Can feel like shock questions
- Often just trying to understand
- Helps to define as slang and replace with medically accurate term




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How to Answer Questions

Types of Questions:

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Is it true that someone's hoohaw gets loose after having sex with a ton of guys?

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How to Answer Questions

TIPS

- Stall
- Clarify context
- Check your understanding
- Turn back to person asking
- Refer to someone more appropriate
- Check with supervisor as needed
- Follow up as appropriate




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How to Answer Questions

TIPS

- Breathe
- Be truthful
- Don't try to be cool
- Pay attention to the "music"
- Opportunity to model comfort.. or not
- It's ok not to know the answer. Find out.
- Keep a sense of humor and some perspective



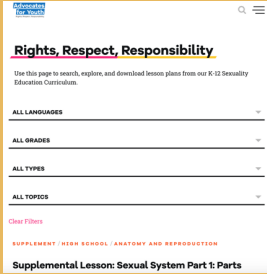
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Where to Find Reliable Info

Advocates for Youth 3Rs Curriculum

- 80 lesson plans for grades K-8
- Fully meets National Sexuality Education Standards
- Medically accurate, LGBTQ+ inclusive, culturally responsive
- Advocates provides 3Rs trainings
- Free

3Rs Search Tool

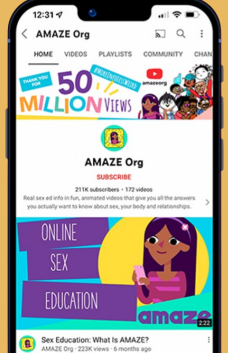


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Where to Find reliable info

AMAZE.org

- Provides adolescents and young adults with medically accurate, age-appropriate, honest information they need to develop into sexually healthy adults
- Worldwide and free



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PUBERTY: WHAT IS DOCTOR CONFIDENTIALITY? amaze

Puberty: What is Doctor Confidentiality?

HIV AND HEALTH DISPARITIES amaze

HIV and Health Disparities

WHAT IS EMERGENCY CONTRACEPTION? (THE MORNING AFTER PILL) amaze 2:01

What is Emergency Contraception?

TALKING WITH YOUR PARENTS ABOUT SEX amaze

Talking with Your Parents about Sex

WHAT IS TRANSGENDER? amaze

What is Transgender?

STI AND STD STIGMA amaze

STI and STD Stigma

And many more!

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How to make it less awkward!

<p>01.</p> <p>Say the REAL names of Body Parts</p>	<p>02.</p> <p>Know How to Answer Questions and when to not answer them</p>	<p>03.</p> <p>Facilitation Techniques</p>
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Facilitation Techniques

- Be sure everybody can hear you!** (Illustrated with pink radiating lines)
- Never have your back toward someone** (Illustrated with blue arrows pointing away from each other)
- Guide conversation - structured flexibility** (Illustrated with a dashed line path)
- Assume good intention** (Illustrated with yellow starburst icons)

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Welcome!

Intro to Sex Ed Basics

Karen Torres and Cassandra Smith

Mock Pizza Protection Party

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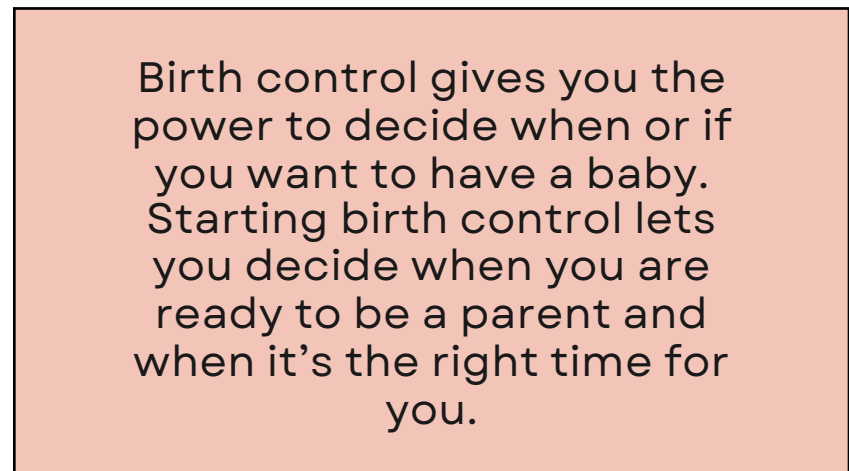
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TRUE

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There are a lot of different kinds of birth control. If you try one and don't like it, you can always switch to another method.

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TRUE

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Methods of birth control are very safe for almost all people who use them.

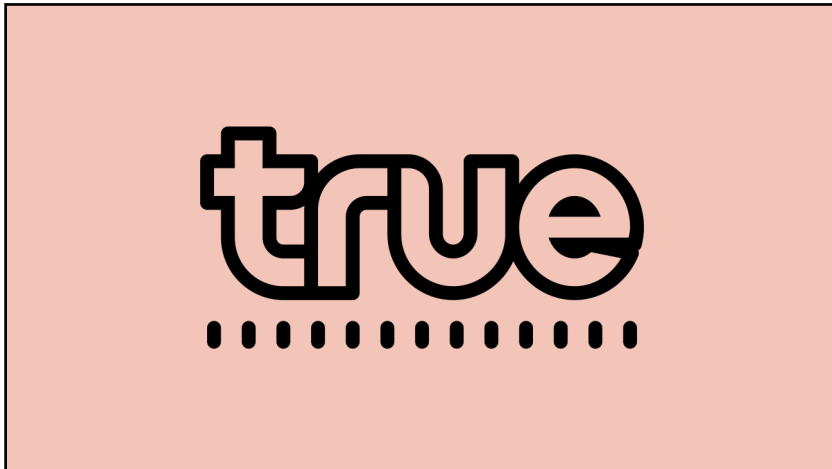
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Most birth control methods are completely reversible. This means that when someone stops using one, they will be able to become pregnant.

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Starting a method as a young person will not make it harder for someone to have a baby later in life.

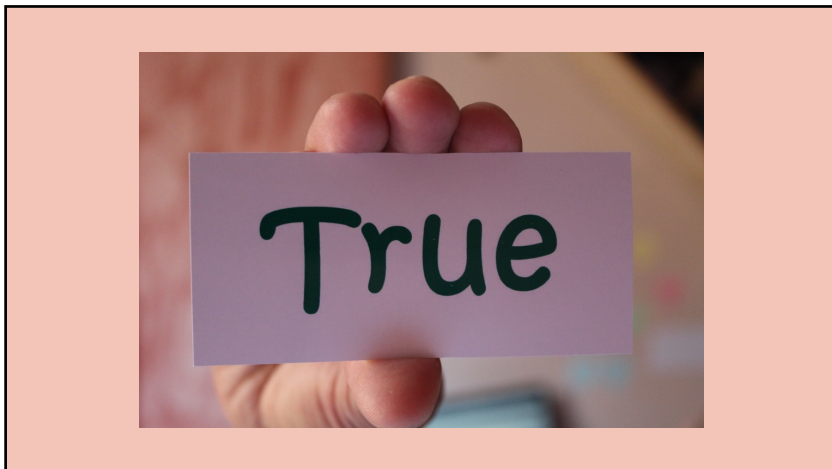
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It's okay to try a method of birth control and decide to switch to a different one.

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Birth Control Methods

- Last for 3-12 years depending on the kind
- "Get it And Forget It" Methods
- Inserted and removed by a provider
- >99.9% effective
- Some contain hormones, some don't

Long-Acting Methods

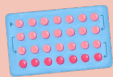



IUD 	Nexplanon
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Birth Control Methods

- Hormonal birth control that need to be remembered to use daily, weekly, or monthly depending on the kind
- Can be stopped at anytime without seeing a provider

Short-Acting Methods

The Pill 	The Ring 	The Patch 	The Shot 
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Birth Control Methods

Other Methods

- External and Internal Condoms**

- Emergency Contraception**

- Withdrawal**


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STIs (Sexually Transmitted Infections)

- Hormonal birth control does not protect against STIs.
- Two ways to prevent STIs are abstinence and barrier methods.
- STIs are transmitted through all kinds of sex, including vaginal, anal and oral sex.
- Some STIs can be cured with medication, but others can't.
- We recommend getting STI testing every time someone has sex with a new partner, that way both people know their STI status.

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STIs (Sexually Transmitted Infections)

- The most common STIs that teens get are gonorrhea and chlamydia.
- Most STIs do not have symptoms, and can be harder to detect in the vagina. The only way to know you have an STI is to get tested.
- STIs like gonorrhea or chlamydia are treated with an antibiotic. It is important for partners to also get tested and treated before having sex again.
- PrEP and PEP are medications that can protect you against HIV. PrEP is taken before unprotected sex, and PEP is taken after.

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how to use a condom

Talk to your partner about safer sex. Then, follow these steps for correct condom use.

1. Check the expiration date on the individual condom packet.
2. Once the penis is erect, open condom package with your fingers. Don't use your teeth, or any sharp object, because you might accidentally tear the condom!
3. Squeeze the tip of condom with your finger and place the rolled condom on the head of the penis.
4. Leave a half-inch space at the tip of the condom to collect semen.
5. Hold the tip of condom and unroll until the penis is completely covered.
6. After ejaculation, while the penis is still erect, hold the condom at base of penis and carefully remove the condom without spilling any semen.
7. Wrap the condom in tissue, or tie it in a knot and throw it away. (Don't flush the condom down the toilet.)
8. Use a NEW condom for every act of vaginal, anal, and oral intercourse. Never use a condom more than once. Never use two condoms at the same time!
9. If using lubricant, use a water-based one like KY, Afta, or Astroglide. NOT Vaseline or baby oil.

It is also helpful to practice - you can always use a banana!

Be prepared!
 Use protection the first time you have sex.

How to use condoms and how to talk about them

Do you have a condom?

I only feel comfortable having sex if we use a condom

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Spectrum of Relationships

All relationships exist on this spectrum and can move within it.

HEALTHY	UNHEALTHY	ABUSIVE
<ul style="list-style-type: none"> • Communicative • Respectful • Honest • Trusting • Equal • Independent 	<ul style="list-style-type: none"> • Non-communicative • Disrespectful • Dishonest • Mistrust/Distrust • Not equal • Co-dependent 	<ul style="list-style-type: none"> • Harmful communication • Disrespectful • Dangerous • Hurtful • Gaslighting • Dependent • Coercive

It is important to be aware of, and discuss power dynamics in our relationships and to be aware of possible manipulation.

You have the right to leave a relationship at any point!

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Communication

- Important in all relationships, but especially in sexual and intimate relationships
- Communication can be verbal or nonverbal
- Important to communicate before, during, and after a sexual encounter

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Boundaries

- Be clear about your boundaries
- Respect others boundaries
- Always ask for consent

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Consent


Freely given:
Cannot be coerced or forced

Reversible:
You can always take back consent AT ANY TIME

Informed:
People have to know and understand what/who they are consenting to

Engaged:
Need to want to do it

Specific:
Just because you consent to one thing DOES NOT mean you're consenting to everything



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Gender Identity and Sexual Orientation

Biological Sex

- The body parts, chromosomes and hormones that we are born with.
- Assigned female/male at birth


Gender Identity

- How you see yourself.
- Cisgender, transgender, nonbinary
- Never assume someone's gender identity!
- Ask for people's pronouns!

Sexual Orientation

- the gender or genders of the people to whom we are attracted, both physically and romantically.

- Heterosexual, lesbian, bisexual, gay, asexual, and more!



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It's time for...

Kahoot!

Go to **kahoot.it** on your phone and enter the game pin we provide!

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Questions?

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Contact us!



Link to more Resources
and guides on how to
throw a Pizza
Protection Party

Karen Torres ✉ karent@elrio.org	Cassandra Smith ✉ cassandra.smith@elrio.org	RHAP 📷 @elrriorhap 🐦 @elrriorhap 🌐 elrriorhap.carrd.co
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