Middle School

Workshops are 45-60 min, each with a student to facilitator ratio of no more than 25:1. Package A is $1,200 and Package B is $600. Packages include resource materials for students and school staff. Sample permission slips available upon request.

**Package A: Six Sessions**

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

- **Puberty & Hygiene**
  The physical, emotional, and social changes that occur as people mature. Trans-inclusive.

- **LGBTQ+ Inclusivity**
  Difference between sex, gender, identity, expression, and attraction. Allyship & resources.

- **Relationships & Consent**
  Characteristics of supportive relationships, respecting boundaries, teen dating violence

- **Self-Esteem & Body Image**
  Exercises to practice self-love and self-care. Exploring the -isms that may affect self-esteem.

- **Safer Sex**
  Understanding potential outcomes of sex (STIs and pregnancy) and how to prevent them.
  *Note: This workshop is meant to serve as an overview, to be scaffolded upon, and does not go in depth on birth control, specific STIs, or demonstrations of safer sex tools

**Package B: Three Sessions**

Choose Your Own Adventure!
Select three workshops from the basic middle school series on the left, or from the additional topics below:

- Internet Literacy and Safety
- Birth Control Options
- STIs, including HIV
- Pregnancy & Childbirth
- Pregnancy Options for Teens
- Abortion Access in NJ

Each package includes a FREE 50-min evening Caregivers Workshop where parents and guardians can meet the facilitators, ask questions, and learn why sex ed is necessary!

Note: must be attended by a member of school faculty or administration.

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

www.ppmnj.org