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